DOCUMENT RESUME

ED 256 553 RC 015 269

TITLE	HAPPIER: Health Resource Guide.
INSTITUTION	Pennsylvania State Dept. of Education, Harrisburg.
SPONS AGENCY	Office of Elementary and Secondary Education (ED), Washington, DC. Migrant Education Programs.
PUB DATE	Sep 84
NOTE	400p.; For related documents, see ED 245 856 and RC 015 267-268.
PUB TYPE	Reference Materials - Bibliographies (131)
EDRS PRICE	MF01/PC16 Plus Postage.
DESCRIPTORS	Adult Education; Bilingual Instructional Materials; Child Development; Dental Health; Disease Control; Diseases; Early Childhood Education; Elementary Secondary Education; Family Planning; *Health; *Health Materials; Hygiene; Hypertension; Individual Development; Medical Services; Mental Health; Migrant Adult Education; *Migrant Education; *Migrant Health Services; Nutrition; Perinatal Influences; Physical Fitness; Physical Health; Pregnancy; Prenatal Influences; *Prevention; Preventive Medicine; *Resource Materials; Stress Management
IDENTIFIERS	Health Promotion; Project HAPPIER

ABSTRACT

Based on findings of Project HAPPIER surveys and intended as a resource for health care providers and educators who serve the migrant community, this guide describes over 375 instructional materials in the areas of dental health, disease control, fitness, health promotion, human growth and development, hypertension, maternal and child care, mental health, nutrition; personal hygiene, and preventative care. Organized under these major topics, each instructional item is listed on a single page along with information about the format, source/producer of the material, reading level, intended users, intended audiences, a brief description of the material, language English and/or Spanish, availability, and cost. Material formats include booklets, audiovisuals, posters, curriculum units, coloring books, and single sheets. The guide covers materials from a wide variety of government and professional organizations and health care products companies. Many materials are free. Although most materials are available in English only, a substantial proportion are in Spanish or Spanish and English, e.g., 14 of 36 dental health materials are available in Spanish. Intended users include parents, teachers, administrators, and health care providers; the range of intended audiences include all agess from young children to teenagers and families. (JHZ)

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HAPPIER

Health Resource Guide

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RC015269

HAPPIER

Health Awareness Patterns Preventing Illnesses and Encouraging Responsibility

HAPPIER

Health Awareness Patterns Preventing Illnesses and Encouraging Responsibility

RESOURCE GUIDE

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Pennsylvania Department of Education · 333 Market Street Harrisburg, Pennsylvania 17108 · Migrant Education

HAPPIER

Health Awareness Patterns Preventing Illnesses and Encouraging Responsibility

FORWARD

This Health Resource Guide is intended as an aid to health care providers and educators who serve the migrant community. This guide describes over 375 publications, booklets, pamphlets, audiovisuals, and posters available from many and varied sources.

A listing in this guide does not imply endorsement by the Pennsylvania Department of Education or the United States Department of Education. The responsibility for determining whether a particular item is appropriate rests with the individual user. The purpose of this guide is to inform the user of materials available in both the Spanish and English language and to direct him or her to sources for further information. Any suggestions for revision of current listings or information about new materials and their sources will be of great value in making this a useful guide.

The Pennsylvania Department of Education through its administration of this federally funded Section 143 Migrant Education project has established a toll free interstate number 1-800-233-0306 (Pennsylvania users 1-800-222-1936) which the user is encouraged to use if more information relating to these health categories is needed. It is the intention of this project to continue to identify additional health resource materials. Information about these additional materials will be available by calling our toll free number or by contacting Project HAPPIER, Pennsylvania Department of Education, 333 Market Street, Harrisburg, Pennsylvania 17126-0333.

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First Edition, September 1984

Overview

HAPPIER

Health Awareness Patterns Preventing Illnesses and Encouraging Responsibility

HAPPIER OVERVIEW

The Pennsylvania Department of Education administers Project HAPPIER, funded through discretionary funds by the United States Department of Education, Office of Migrant Education. The project coordinates an intra/interstate and intra/interagency effort to develop and disseminate materials on the health awareness patterns that prevent illnesses and promote wellness for migrant children.

Funded in September 1983, the Project assembled a consortium of representatives from the state departments of education of Minnesota, Arizona, Illinois, Massachusetts, Georgia, Texas, Washington, Florida, California, and Puerto Rico. Represented as part of the consortium is the United States Department of Education, Migrant Education and the United States Department of Health and Human Services, Migrant Health. Also represented are various health delivery experts who will be used as sources of information on specific preventative and holistic health techniques. This project will be developed cooperatively between health and education persons throughout the nation and at local, state, and federal levels.

Each of these organizations will contribute to the development of materials for migrant children from preschool to grade 12 for the teaching of correct information concerning health practices which promote wellness and the development of a Resource Guide of health education materials.

Field testing of the Resource Guide involving administrators, teachers, and health personnel of migrant children is being planned for California, Texas, Florida, and Puerto Rico. It is anticipated that the project scope will be expanded to allow further refinement of the materials, Resource Guide, training strategies, overall dissemination of the project materials, and the training of migrant teachers and health personnel in additional states.

Project HAPPIER will bring together for the first time the joint expertise of the United States Department of Education (Migrant Education) and the Department of Health and Human Services (Migrant Health) whose primary concern will be the delivery of an effective preventative health curriculum for the benefit of migrant families.

HAPPIER

Health Awareness Patterns Preventing Illnesses and Encouraging Responsibility

INFORMACION GENERAL SOBRE EL PROYECTO HAPPIER

El Proyecto HAPPIER es administrado por el Departamento de Educación de Pensilvania, con fondos subsidiarios provistos por el Departamento de Educación de los Estados Unidos, a través de la Oficina de Educación para Migrantes. El proyecto coordina un esfuerzo interagencial e interestatal para desarrollar y diseminar materiales relacionados con la prevención de las enfermedades y la enseñanza de los principios relacionados con la salud, con el fin de prevenir las enfermedades y promover el bienestar de los niños migrantes.

Financiado desde septiembre de 1983, el proyecto ha reunido un consorcio de representantes de los departamentos de educación de los siguientes estados: Minnesota, Massachusetts, Georgia, Texas, Washington, Florida, California y Puerto Rico. El consorcio incluye representantes de la oficina de Educación para Migrantes, el Departamento de Educación de los Estados Unidos, el Departamento de Salud y Servicios Humanos de los Estados Unidos y la Oficina de Salud para Migrantes. El consorcio está representado además, por expertos en salud, quienes servirán como fuentes de información en relación a las técnicas preventivas que ayudan a tener una mejor salud. Este proyecto será desarrollado nacionalmente a nivel local, estatal y federal y con la cooperación del personal de educación y salud para migrantes.

Cada una de estas organizaciones contribuirá al desarrollo de los materiales que serán usados para enseñar a los niños migrantes de edad preescolar hasta el grado 12 la información correcta relativa a los principios sobre la salud que promueven el bienestar. La información recibida permitirá el desarrollo de una Guía de Recursos que contenga los materiales educativos sobre la salud que están disponibles.

Maestros, administradores y personal de salud participarán en el entrenamiento que ha sido planeado para los estados de California, Texas, Florida y Puerto Rico, en el uso de la Guía de Recursos Educativos sobre la Salud. Se anticipa una expansión en los objetivos del proyecto para permitir el refinamiento de los materiales, la Guía de Recursos Educativos sobre la Salud, las estrategias ha seguir al entrenar el personal, la diseminacion de los materiales y el entrenamiento de los maestros y el personal de salud para migrantes en otros estados.

El Proyecto HAPPIER juntará, por primera vez, la experiencia del Departamento de Educación de los Estados Unidos (Educación para Migrantes) y del Departamento de Salud y Servicios Humanos de los Estados Unidos (Salud para Migrantes) para beneficiar las familias migrantes por medio de hacer provisión de unidades de enseñanza sobre los principios preventivos sobre la salud que promueven el bienestar.

Dental Health

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Dental Health

Title: A Healthy Start....
Fluoride Tablets for Children in Preschool Programs

Format: Folder

Source: National Caries Program
National Institute of Dental Research
Westwood Building
5333 Westbord Avenue
Bethesda, MD 20016

Reading Level: Adult

Intended Use By: Preschool Program Administrators, Dental Health Providers

Intended Use For: Preschool teachers

Description: Folder describes how a fluoride tablet program in a preschool setting provides an opportunity to help young children get a healthy start and ensure good dental health.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Dental Health

Title: American Dental Association
1983/84 Sales Catalog

Format: Catalog

Source: American Dental Association
Marketing Service Department
211 East Chicago Avenue
Chicago, IL 60611

Reading Level: Adult

Intended Use By: Teachers all grade levels, Dental Health Providers

Intended Use For: Anyone needing dental information

Description: Catalog lists materials for all dental uses by dentists and all others concerned with dental health. All prices are for ADA members. All others must add 10%. (Exceptions: dental schools, dentally-related societies, primary and secondary schools, and government agencies.

Language: English

Availability: One copy

Cost: no cost

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Dental Health

Title: Canker Sores and Fever Blisters
NIH Publication No. 80-247

Format: Booklet 10 pp.

Source: National Institute of Dental Research
Public Inquiries Office
Room 2C34, Building 31
National Institute of Health
Bethesda, MD 20205
(301) 496-4261

Reading Level: Intermediate to adult

Intended Use By: Dental care providers

Intended Use For: Parents, teenagers

Description: This pamphlet discusses what is known about the occurrence, effects and treatment of canker sores and fever blisters.

Language: English

Availability: limited quantities

Cost: no cost

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Dental Health

Title: Como Limpiar Los Dientes y Las Encias

Format: Booklet

Source: Bureau of Health Education and Audiovisual Services
American Dental Association
211 East Chicago Avenue
Chicago, IL 60611

Reading Level: Adult

Intended Use By: Dental Health Educators

Intended Use For: Adults

Description: This attractive booklet includes pictures and written directions on how to properly brush, floss and care for teeth and gums.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Dental Health

Title: Crest School Program

Format: Kit

Source: Professional Services Division
The Proctor and Gamble Dist. Co.
P.O. Box 171
Cinicinnati, OH 45201
1-800-543-2108

Reading Level: Adult

Intended Use By: Grade School Teachers

Intended Use For: Student

Description: This teacher's dental instruction kit contains suggestions for school and home activities designed for flexibility of use and can be adapted to meet the particular needs of your students. In addition, some of the project ideas offer reinforcement of other curriculum areas. In addition to many ideas for classroom activities, you will find parent involvement projects to encourage home follow-through of what is being learned in school. The kit contains a teacher's guide, one act play for students to perform, teaching posters, take home leaflets and student activity sheets.

Language: English

Availability:

Cost: No charge.

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Dental Health, Preventive Care

Title: Dental Hygiene

Format: Individual lessons

Source: Procter & Gamble Commercial Company, San Juan, Puerto Rico

Reading Level: For elementary schools

Intended Use By: Students of elementary schools

Intended Use For: Students

Description: These are a group of individualize lessons. They present cartoons about dental health.

Language:

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Dental Hygiene

Title: El ABC de Cipillarse y del Uso de la Seda Dentifrica

Format: One Sheet

Source: Nebraska State Health Department
Migrant Health Project
610 West 27th Street
Scottsbluff, NE 69361

Reading Level: High School - Adult

Intended Use By: Health Care providers

Intended Use For: Families

Description: Illustrations of how to brush and floss.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Dental Health

Title: Fixed Bridges and Crowns

Format: Booklet 8 pp.

Source: Bureau of Health Education and Audiovisual Services
American Dental Association
211 East Chicago Avenue
Chicago, IL 60611

Reading Level: Adult

Intended Use By: Dental Care Providers, Teachers

Intended Use For: Families

Description: This booklet describes how crowns and fixed bridges can restore your teeth to their normal function. The booklet promotes good dental hygiene practices.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Dental Health

Title: For Good Dental Health,
Start Early

Format: Booklet 10 pp.

Source: National Dairy Council
Rosemont, IL 60018

Reading Level: Adult

Intended Use By: Parents, Dental Health Providers

Intended Use For: Parents

Description: This booklet tells parents what is good dental health, how it is attained and how to help their child achieve that goal. It gives the importance of dental visits, good brushing habits, wise food selection and the importance of fluoride.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Dental Health

Title:
Free Fluoride Posters:
Are You Sure She's Getting all the Fluoride She Needs?
Want a Hot Tip on a Good Investment? Use Fluoride for a Health Smile!
Fluoride: The Smile Maker
Give a Kid a Health Smile....Use Fluoride.
Are Your Children Getting all the Fluoride They Need?
Smile....Fluoride Makes It So Easy!
Fluoride: Guardian Against Tooth Decay.
Weekly Fluoride Rinses For A Healthy Smile.
Daily Fluoride Tablets for Healthier Smiles

Format: Posters

Source:
NCP/NIDR
Westwood Building, Room 549
5333 Westbord Avenue
Bethesda, MD 20205

Reading Level:

Intended Use By: Clinics, Pediatricians and Dental Offices, Schools

Intended Use For: Everyone

Description: Colorful, attractive posters

Language: English

Availability: Limited quantities

Cost: no cost

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Dental Health

Title: Hagalo!

Format: Folder

Source: American Dental Association
211 East Chicago Avenue
Chicago, IL 60611

Reading Level: Senior High

Intended Use By: Dental Health Care Personnel

Intended Use For: Teenagers

Description: This folder emphasizes the importance of proper brushing in order to maintain healthy teeth and gums emphasis is placed on how gum disease and dental cares can affect general health.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Dental Health

Title: I Know How to Brush My Teeth
Do You Know How to Brush Yours?

Format: 8½" X 11" Cartoon Sheets

Source: Texas Department of Health

Reading Level: 2nd Grade

Intended Use By: Teachers, Dentists, Parents

Intended Use For: Children

Description: Three cartoons - English on one side, Spanish on the other.

Tooth Caricature - I know how to brush my teeth
Do you know how to brush yours?

Bugs Bunny Says - Eat lots of vegetables so that you will have firm and healthy teeth and gums.

Instead of Candy - Eat nuts, fruits and vegetables between meals.

Language: English/Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Dental Health

Title: Keeping Your Teeth Healthy
By Judy Graves
Public Affairs Pamphlet No. 363

Format: Booklet 28 pp.

Source: Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

Reading Level: Adult

Intended Use By: Dental Health Providers, Parents

Intended Use For: Families and Dental Health Providers

Description: This booklet gives a comprehensive explanation of how to keep teeth healthy. It describes dental and oral diseases, preventions and treatment. Fluoride use is discussed. The role of the dentist, dental public health, and prepayment plans are covered. Personal rules for dental health are presented.

Language: English

Availability: Unlimited from source

Cost: 1 to 9 copies 25¢
10 to 99 copies 20¢
100 to 249 copies 18¢
250 to 499 copies 17¢
500 to 999 copies 15¢

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Dental Health, Preventive Care

Title: Las aventuras del Capitan Combatecaries

Format: Pamphlet

Source: Dental Hygiene. Colgate Palmolive Co. Distr., Puerto Rico

Reading Level: For elementary schools

Intended Use By: Students of elementary schools

Intended Use For: Students

Description: Cartoons about dental health.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Dental Health

Title: Learning About Your Dental Health

Format: Handbook with transparencies and spirit masters

Source: American Dental Association
211 East Chicago Avenue
Chicago, IL 60611

Reading Level: I : K-3, II : 4-6; III : 7-9, IV : 10-12

Intended Use By: Classroom Teacher

Intended Use For: Students

Description: A curriculum format for the teacher to teach the basic concepts of oral health which includes diet decisions, the anatomy of a tooth, dental disease, cause and Rx, oral safety, consumer health and personal responsibility for health care.

Language: English

Availability: Published 1973

Cost: Ask for price list.

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Dental Health

Title: Learning About Your Oral Health

Format: Teachers Guide

Source: American Dental Association
211 East Chicago Avenue
Chicago, IL 60611

Reading Level: Adult

Intended Use By: Classroom Teachers

Intended Use For:
Level I: K-3
Level II: 4-6
Level III: 7-9
Level IV: 10-12

Description: A prevention oriented school program. This teacher's guide outlines goals, behavioral objectives, content, suggested activities and related activities in other classes for the following topics:

How You Can Protect Your Oral Health
Fluoride, A Preventative Substance
Diet Decisions
The Relationship Between Oral Health and General Health
The Tooth and its Environment
Oral Diseases - Their Cause and Treatment
Oral Safety
Consumer Health
The Field of Dentistry

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Dental Health

Title: ¿Le Sangran Las Encias Cuando Se Cepilla Los Dientes?

Format: Booklet

Source: American Dental Association
Bureau of Health Education and
Audiovisual Services
211 East Chicago Avenue
Chicago, IL 60611

Reading Level: Adult

Intended Use By: Dental Health Care Providers

Intended Use For: Adults

Description: This booklet offers a complete description of periodontal disease and its treatment.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Dental Health

Title: Los Dientes de su Niño

Format: Booklet

Source: American Dental Association
Bureau of Health Education and
Audiovisual Services
211 East Chicago Avenue
Chicago, IL 60611

Reading Level: Adult

Intended Use By: Dental Health Care Providers

Intended Use For: Parents

Description: This booklet provides a complete guide to dental care for mother and child. Dental care from prenatal to 18 years is covered.

Language: Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Dental Health

Title: Manual de normas y precedimientos

Format: Manual

Source: Puerto Rico Health Department
Call Box 71423
San Juan, PR 00936

Reading Level: Professional

Intended Use By: Agency

Intended Use For: Employees

Description: Describes the standards and procedures for the Oral Health Program of the Puerto Rico Health Department.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Dental Health

Title: Meriendas

Format: Leaflet

Source: Division of Dental Health
State of Nebraska, Department of Health
P.O. Box 95007
Lincoln, NE 68509

Reading Level: Grades 5-12

Intended Use By: Teachers, Health personnel

Intended Use For: Families

Description: This leaflet contains lists of snacks, beverages and main courses which are least likely to cause cavities.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Dental Hygiene

Title: Migrant Education Health Curriculum Outline
Grades 1-3 or Grades 4-6
Dental Hygiene

Format: Curriculum Unit - Teachers Manual, Student Booklet

Source: Educational Factors, Inc.
Star Route, Box 427
Dripping Springs, TX 78620
(512) 858-7763

Reading Level: Level I (Grades 1, 2, 3) Level II (Grades 4, 5, 6)

Intended Use By: Teacher in classroom

Intended Use For: Grades 1, 2, 3 or 4, 5, 6

Description: Concepts to be taught:

- Dental health is affected by daily personal hygiene practice and prompt attention to symptoms of illness.
- Lifestyles are related to a lifelong dental health status.
- Dental health is related to variations in levels of physical well-being attainable by the individuals.
- Education will prevent or diminish dental disease.

Language: Englsh/Spanish

Availability: from source

Cost: Teachers Manual $3.25 each
Student Booklet $2.25 each
Less 10% on orders over $150.00

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Dental Health

Title: Nursing Bottle Mouth

Format: Single Fold Sheet

Source: Bureau of Dental Health
Maricapa County Health Department
1825 East Roosevelt Street
Phoenix, Arizona

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Parents

Description: The use of the nursing bottle as a pacifier, either at night or during the day, can be one of the main reasons for severe tooth decay (cavities) often seen in pre-school children. This booklet describes this malady and tells how to prevent it.

Language: English

Availability:

Cost:

Date: August 1, 1984

HAPPIER Health Resource Guide

Major Health Category: Dental

Title: Preventing Tooth Decay
A Guide for Implementing Self-Applied Fluoride
in School Settings
NIH Publication No.82-1196
Revised December 1981

Format: Booklet 44 pp.

Source: U. S. Department of Health and Human Services
Public Health Service
National Institutes of Health
Bethesda, Maryland 20205

Reading Level: Adult-Teacher

Intended Use By: School Nurse and/or Health Provider

Intended Use For: School settings including day care centers, pre-school programs and grade schools - kindergarten through grade 12.

Description: This publication is designed to provide the information you need to improve the oral health of the children in your community. Preventing tooth decay explains various steps and activities needed to start a self-applied (SAF) program in school settings to prevent dental decay.

Language: English

Availability: Limited Quantities

Cost: Single copy - no cost.

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Dental Health

Title: Que Hacer Despues De Una Extracción Dental

Format: Folder

Source: American Dental Association
Bureau of Health Education and
Audiovisual Services
211 East Chicago Avenue
Chicago, IL 60611

Reading Level: Adult

Intended Use By: Dental Health Care Provider

Intended Use For: Adults

Description: This folder discusses what a person should expect after a tooth is extracted. It covers blood coagulation, inflammation and pain medication, diet, rinsing, and general hygiene after extraction.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Dental Health

Title: RX For Sound Teeth
NIH Publication No. 84-793

Format: Folder

Source: National Institute of Dental Research
Public Inquiries Office
Room 2C34, Building 31
National Institute of Health
Bethesda, MD 20205
(301) 496-4261

Reading Level: Intermediate to Adult

Intended Use By: Dental Health Providers

Intended Use For: Classroom, clinics, dental offices

Description: Folder that explains Plaque - what it is and how to tell if you have it. When open, one side of folder becomes poster illustrating how to fight plaque and prevent diseases of the teeth and gums in three easy steps - flossing, brushing and brush the tongue.

Language: English

Availability: Limited quantities

Cost: no cost

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Dental Health

Title: Sabia usted que?

Format: Folder

Source: Puerto Rico Health Department
Call Box 71423
San Juan, PR 00936

Reading Level: General

Intended Use By: Providers

Intended Use For: General

Description: Describes oral cancer and offers suggestions for prevention.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Dental Health

Title: Seal Out Dental Decay
NIH Publication No. 83-1140

Format: Folder

Source: National Institute of Dental Research

Reading Level: Adult

Intended Use By: Dental health providers

Intended Use For: Parents

Description: The folder explains the use of adhesive sealants.

Language: English

Availability: Limited quantities

Cost: no cost

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Dental Health

Title: Snack Facts
NIH Publication No. 83-1680

Format: Folder - one side becomes poster when opened

Source: National Institute of Dental Research
Public Inquires Office
Room 2C34, Building 31
National Institute of Health
Bethesda, MD 20205
(301) 496-4261

Reading Level: Intermediate to Adult

Intended Use By: Teachers, Nutritionists, Public Health Providers

Intended Use For: Parents and children

Description: Gives description of what makes sugar harmful, how sugars damage your teeth and how you can guard against tooth decay. When opened as poster, illustrates how to be choosey about snacks with colorful examples of fresh fruits, raw vegetables, grains, meats, nuts, seeds, milk and dairy products presented as cartoon characters.

Language: English

Availability: limited quantities

Cost: no cost

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Dental Health, Nutrition

Title: Sugar Sugar Everywhere

Format: Single Fold Sheet

Source: Bureau of Dental Health
Maricopa County Health Department
Phoenix, Arizona

Reading Level: Adult

Intended Use By: Nutritionist, Health Care Providers

Intended Use For: Parents

Description: This sheet lists many foods you eat every day. Look for the food and see how many teaspoons each contains. It has a reminder that too much sugar contributes to tooth decay and overweight.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Dental Health

Title: Take Care of that Beautiful Smile!
I Cuide Esa Bonita Sonrisn!

Format: Folder

Source: Texas Department of Health

Reading Level: Adult

Intended Use By: Parents

Intended Use For: Children

Description: This little folder tells how parents can get free dental care. Written only for Texas.

Language: English/Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Dental Health

Title: Tammy and Toni Teeth Coloring Book

Format: Coloring Book - 4 pp.

Source: General Mills, Inc.
Box 6, Department 860
Minneapolis, MN 55460

Reading Level: Primary Grades

Intended Use By: Teachers

Intended Use For: Students of Primary Grades

Description: This booklet illustrates the importance of brushing teeth, eating a balanced diet and healthful snack.

Language: Spanish and English

Availability:

Cost: Free: 1-500 copies
Each additional copy: 3¢

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Dental Health

Title: The Tooth Fairy Talks to Parents

Format: Single Fold Sheet

Source: Bureau of Dental Health
Maricopa County Department of Health Services
1825 E. Roosevelt Street
Phoenix, Arizona

Reading Level: Adult

Intended Use By: Parents, Health Care Providers

Intended Use For: Children

Description: This sheet tells about primary (first, baby) teeth, diet to reduce decay and permanent (second) teeth; and fluoride - the tooth toughener. Dental visits should begin early, around three years of age, if possible. Pleasant experiences in the dentist's office help to form good patterns of dental health for a lifetime so take children for a checkup before he experiences dental pain or needs treatment.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Dental Health

Title: Tooth Decay
NIH Publication No. 82-1146

Format: Folder

Source: National Institute of Dental Research
Westwood Building Room 549
5333 Westbord Avenue
Bethesda, Maryland 20205

Reading Level: Adult

Intended Use By: Parents, Dental Health Providers

Intended Use For: Parents

Description: Tooth decay (dental carries) can start at a very young age and usually does. This folder explains what causes tooth decay and how you can prevent tooth decay. It explains how to strengthen tooth resistance and control harmful bacteria.

Language: English

Availability: limited quantities

Cost: no cost

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Dental Health

Title: Tooth Talk

Format: 11" x 13" hard cardboard teachers guide flipchart 27 pp.

Source: American Society of Dentistry for Children
211 East Chicago Avenue
Chicago, IL 60611

Reading Level: K-3

Intended Use By: Teachers, Health Care Providers

Intended Use For: K-3

Description: Colorful, attractive pictures to illustrate concepts for impressing upon students that dental disease can be prevented and that a healthy mouth is part of a healthy body.

Language: English

Availability: Published 1975.

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Dental Health

Title: Una buena dentadura para usted y su bebe

Format: Booklet

Source: U.S. Department of Health, Education and Welfare
Public Health Service
National Institute of Health

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Parents

Description: This booklet offers a complete guide to dental care for mother and child.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Dental Health

Title: Your Teeth Can Be Saved by Endodontic (Root Canal) Therapy

Format: Folder

Source: Bureau of Health Education and Audiovisual Services
American Dental Association
211 East Chicago Avenue
Chicago, IL 60611

Reading Level: Adult

Intended Use By: Dental Care Providers

Intended Use For: Individuals

Description: If you want to keep your natural teeth for a lifetime, endodotic (root canal) therapy can help prevent the loss of a tooth that results from injury to the dental pulp. The folder answers questions to help one understand why treatment is needed and how teeth can be saved.

Language: English

Availability:

Cost:

Disease Control

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control - Hypertension - Preventive Care

Title: After a Heart Attack
No. 51-001-B (Rev. 82)

Format: Booklet 25 pp.

Source: American Heart Association
National Center
7320 Greenville Avenue
Dallas, TX 75231
or local association office or state affiliate

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Families

Description: This booklet designed by the American Heart Association to deal with questions persons may have about recovering from a heart attack. If you can bring concerns out in the open and talk about them, they won't seem so frightening. The booklet tells about the steps to recovery, explaining what happened and suggestions for diet and activity.

Language: English

Availability: Check American Heart Association office or affiliate in your state.

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control

Title: Aids

Format: Pamphlet

Source: School Health Program, Puerto Rico Department of Education

Reading Level: Parents and teachers

Intended Use By: Parents and teachers

Intended Use For: Parents and teachers

Description: This pamphlet provides information about the meaning of the term "Aids." It also provides information about the symptoms, treatment and prevention of the illness.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control

Title: Alerta Sobre Herpes

Format: Folder

Source: Burroughs Wellcome Co.
Distributed by the Information Center on Herpes Disease
New York, NY

Reading Level: High School, Adult

Intended Use By: Health Care Providers

Intended Use For: Teen-agers, Adults

Description: This folder describes genital herpes, symptoms and the infections effect on newborns and the possible link to cancer. Importance is placed on seeing a doctor when any infection is suspected.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Prevention - Health Promotion

Title: An Early Start to Good Health

Format: Guide and Activities - Filmstrips

Source: American Cancer Society
California Division, Inc.
1710 Webster Street
Oakland, CA 94612

Reading Level: K-3 and 4-6

Intended Use By: Teachers, Health Care Providers

Intended Use For: Students

Description: Using filmstrips and activity sheets, children learn to identify body parts, help themselves when lost, describe feelings, develop self-esteem, understand the effects of smoking, define responsibility and identify community health helpers.

Language: Spanish supplement to English

Availability: Local Cancer Society

Cost: No charge.

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control

Title: Anemia Falciforme-Sickle Cell Anemia

Format: Leaflet

Source: Pedro J. Santiago Borrero, MD, FAAP
Catedratico Asociado
Escuela Medicina U.P.R.

Reading Level: Parents and general public

Intended Use By: Teachers, Nurses, Doctors

Intended Use For: Training, orientation

Description: This leaflet provides orientation about sickle cell anemia and the school activities, home activities and sports that boys or girls with this condition can perform.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control

Title: Are Your Children Safe from
These Dangerous Diseases

Immunize Them

Polio	Diphtheria
Measles	Tetanus
Mumps	Pertussis
Rubella	

Format: Leaflet

Scurce: Arizona Department of Health Services

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Parents

Description: This folder explains reasons to immunize. It tells what diseases can be protected against what they are and what they can cause. There is a chart showing the ages immunization should be given. It tells where children can be immunized.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control - Hypertension - Preventive Care

Title: Body Language

Format: Booklet 6 pp.

Source: American Heart Association
National Center
7320 Greenville Avenue
Dallas, TX 75231
or local association office or state affiliate

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Families

Description: This booklet is designed to inform, but not to scare and maybe save you, or someone you know, from a stroke. It explains stroke's warning signs, who gets strokes and how to prevent a stroke.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control

Title: Citrus Fruits in the Diabetic Diet

Format: Booklet 11 pp.

Source: Consumer Services
Sunkist Growers, Inc.
Box 7888
Van Nuys, CA 91409

Reading Level: Adult

Intended Use By: Nutritionists

Intended Use For: Diabetics

Description: This booklet tells the diabetic what role fruit can play in the diabetic diet. It gives the fruit exchange the essentials in a diet-carbohydrate, protein, fat and calories. The booklet has some diatetic recipes.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control

Title: Corriendo un Riesgo...Sin Oprotunidad De Ganar
No. 2098

Format: Booklet 16pp.

Source: American Cancer Society
4 West 35th Street
New York, NY 10001
(212) 736-3030

Reading Level: Junior and Senior High

Intended Use By: Health Care Providers, Teachers

Intended Use For: Students

Description: A comic book on smoking for junior and senior high school students. The message offers information about health problems that can result from cigarette smoking.

Language: Spanish

Availability: Check local affiliate office.

Cost: No charge.

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control

Title: Controlando Su diabetes

Format: Soft Cover 8½" X 11" Booklet 37 pp.

Source: Eli Lilly and Company
Indianapolis, IN 46285

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Diabetes

Description: The person with diabetes needs to understand the disease and learn to manage effectively. This booklet is intended to assist you in controlling your diabetes. This booklet is illustrated and covers everything from symptoms and treatment to diet, exercise, and medication.

Language: Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control

Title: Dengue

Format: Pamphlet

Source: Environmental Health Divisions (Anti-Dengue Program) Health Department (Puerto Rico)

Reading Level: General Public

Intended Use By: General Public

Intended Use For: General Public

Description: Information about the Dengue.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control

Title: Don't Be Afraid of Diabetes

Format: Booklet 25 pp.

Source: E. R. Squibb and Sons, Inc.
Princeton, NJ 08540

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Diabetics

Description: This booklet should help you achieve better control of your diabetes, which is very important since strong evidence indicates that maintaining a normal blood sugar can prevent the complications of diabetes.

Language:

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control

Title: El Impetigo Y Su Nino

Format: Folder

Source: Department of Health
City of Houston

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Parents

Description: This folder discusses the causes and care, prevention and control of impetigo in children. It also includes a list of facts about impetigo and what should and should not be done for treatment.

Language: Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control

Title: Enfermedades Venereas

Format: Booklets

Source: Department of Health
Preventive Health Division
Puerto Rico Venereal Disease Control Program

Reading Level: General public

Intended Use By: General public

Intended Use For: General public

Description: This booklet offers information about two types of Venereal Diseases: Syphilis and Gonorrea

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control

Title: Es hora de hablar claro . . . las enfermedades venereas

Format: Folder

Source: Pfizer
Laboratories Division
Pfizer, Inc.
New York, NY 10017

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Adults

Description: This folder on venereal disease discusses the causes, symptoms, the consequences, and the treatment of syphilis and gonorrhea.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control

Title: Estan sus Hijos Protegidos Contra
Estas Enfermedades Peligrosas?

Vacunelo

Polio	Difteria
Sarampion	Tetano
Paperas	Tos Ferina
Rubeola	

Format: Leaflet

Source: Arizona Department of Health Services

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Parents

Description: This folder explains reasons to immunize. It tells what diseases can be protected against what they are and what they can cause. There is a chart showing the ages immunization should be given. It tells where children can be immunized.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control - Hypertension - Preventive Care

Title: Facts About Strokes
No. 51-008-A

Format: Folder

Source: American Heart Association
National Center
7320 Greenville Avenue
Dallas, TX 75231
or local association office or state affiliate

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Families

Description: This folder describes what a stroke is and how it occurs. it describes preventative measures and treatment of a stroke. It explains keys to successful rehabilitation.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control

Title: Facts on Childhood Cancer

Format: Booklet 10pp.

Source: American Cancer Society
4 West 35th Street
New York, NY 10001
(212) 736-3030

Reading Level: Adult

Intended Use By: Health Care Providers, Parents

Intended Use For: Parents

Description: This booklet describes what everyone should know about childhood cancer and the progress made in its treatment.

Language: English

Availability: Check local affiliate office.

Cost: No charge.

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control

Title: Facts on Lung Cancer

Format: Booklet 14pp.

Source: American Cancer Society
4 West 35th Street
New York, NY 10001
(212) 736-3030

Reading Level: Adult

Intended Use By: Health Care Providers, Teacher

Intended Use For: Teenagers and Adults

Description: This booklet gives the facts on lung cancer - signs and symptoms, progress in diagnosis and treatment, prognosis and hope for the future. The major cause of lung cancer is cigarette smoking.

Language: English

Availability: Check your local affiliate office.

Cost: No charge.

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control

Title: Facts on Leukemia

Format: Booklet 14pp.

Source: American Cancer Society
4 West 35th Street
New York, NY 10001
(212) 736-3030

Reading Level: Adult

Intended Use By: Health Care Providers, Parents

Intended Use For: Everyone

Description: Here are the facts about leukemia, a cancer of blood-forming tissues, mainly bone marrow, lymph nodes and spleen-signs and symptoms, progress in diagnosis and treatment, prognosis, and hope for the future.

Language: English

Availability: Check local affiliate office.

Cost: No charge.

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control

Title:
Good News:
Better News:
Best News:
NIH No. 84-2671

Format: Booklet 20 pp.

Source:
National Cancer Institute
Room 3B39, Building 39
National Institute of Health
Bethesda, MD 20205
(301) 496-5583

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Families

Description: This booklet tells you some things you can do every day to help protect yourself from cancer. Today it is known that 80 percent of cancer cases are tied to the way people live their lives - the foods they eat, the work they do, and whether they smoke affects their likelihood of getting cancer.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control

Title: Health Myself
An Interdisciplinary Health Program
for Grades 7-9

Format: Brochure

Source: American Cancer Society
4 West 35th Street
New York, NY 10001
(212) 736-3030

Reading Level: Grades 7-9

Intended Use By: Classroom Teachers

Intended Use For: 7th-9th Grade Students

Description: These units designed to help teachers give these students a basis for informed decisions about personal health, particularly with respect to tobacco use. In three independent units, this modular teaching kit relates smoking prevention and personal health issues to Social Studies, Language Arts and Science curricula. The kit is designed for use by classroom teachers or as an addition to existing health education programs.

Language: English

Availability: Check local affiliate office.

Cost: No charge.

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control - Hypertension - Preventive Care

Title: Heart Attack
No. 51-010-B

Format: Folder

Source: American Heart Association
National Center
7320 Greenville Avenue
Dallas, TX 75231
or local association office or state affiliate

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: General Public

Description: This illustrated folder was prepared to educate the general public about heart attacks, causes, signals to watch for, prevention, emergency case and rehabilitation.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control - Hypertension - Preventive Care

Title: Heart Quiz
No. 51-012-B (Rev. 83)

Format: Folder

Source: American Heart Association
National Center
7320 Greenville Avenue
Dallas, TX 75231
or local association office or state affiliate

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Families

Description: This folder has a quiz on all aspects of heart disease. The inside of the folder gives the answers and explanations about all the questions raised. The pamphlet urges you to find out how you can help your friends, your family and your community by asking your Heart Association for more information.

Language: English

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control

Title: Hepatitis

Format: Pamphlet

Source: School Health Program
Puerto Rico Department of Education

Reading Level: Parents and teachers

Intended Use By: Parents and teachers

Intended Use For: Parents and teachers

Description: This pamphlet provides information about the meaning of the term "Hepatitis". It also provides information about the symptoms, treatment and prevention of this illness.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control

Title: Huff 'N' Puff
#2005

Format: Leaflet

Source: American Cancer Society
4 West 35th Street
New York, NY 10001
(212) 736-3030

Reading Level: 4th Grade

Intended Use By: Teachers, Parents

Intended Use For: Young Children

Description: An anti-smoking leaflet for young children which parodies the "Three Little Pigs" in cartoon fashion.

Language: English

Availability: Check local cancer society affiliate office.

Cost: No charge.

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control

Title: Immunization
When and Why

Format: Folder

Source: Metropolitan Insurance Company
Health and Safety Education Division

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Parents

Description: This folder tells what immunization is. It has a suggested vaccination schedule and an immunization record to record your child's immunizations and boosters.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control

Title: La Comprensión de su infeccion

Format: Booklet

Source: Eaton Laboratories
Division of The Norwich Pharmaceutical Company
Norwich, New York

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Women

Description: This is a "question and answer" booklet about vaginal infections and treatment. There is space provided on the last two pages for health care providers to enter specific instructions.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control

Title: Life...
The One Race You Lose by Finishing First
Don't Smoke
No. 2122LE

Format: Poster

Source: American Cancer Society, Inc.
4 West 35th Street
New York, NY 10001
(212) 736-3030

Reading Level: Senior High

Intended Use By: Teachers, Clinics

Intended Use For: Students, Everyone

Description: Poster of an athlete with the message that you need good wind and health to run with the best: The real "smokers" don't.

Language: English

Availability: Check local cancer society office.

Cost: No charge.

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control

Title: Los Microbios Del Amor
Hechos Sobre la Enfermedad Venerea
David V. Carroll, M.D.

Format: Booklet

Source: Physicians Art Service, Inc.
Patient Information Library
Daly City, CA

Reading Level: High School, Adult

Intended Use By: Health Care Personnel

Intended Use For: Teenagers, Adults

Description: This booklet offers a complete description of all venereal diseases and how they they are transmitted. It is in a comic book form and would be very appealing to teenagers.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control

Title: Managing Your Diabetes

Format: Soft Cover 8½" X 11" Booklet 37 pp.

Source: Eli Lilly and Company
Indianapolis, IN 46285

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Diabetes

Description: The person with diabetes needs to understand the disease and learn to manage effectively. This booklet is intended to assist you in controlling your diabetes. This booklet is illustrated and covers everything from symptoms and treatment to diet, exercise, and medication.

Language: English

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control

Title: Meningitis

Format: Pamphlet

Source: School Health Program, Puerto Rico Department of Education

Reading Level: Parents and teachers

Intended Use By: Parents and teachers

Intended Use For: Parents and teachers

Description: This pamphlet provides information about the meaning of the term "Meningitis". It also provides information about the symptoms, treatment and prevention of the illness.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control

Title: Migrant Education Health Curriculum Outline
Grades 1-3 or Grades 4-6
Communicable Diseases

Format: Curriculum Unit - Teachers Manual, Student Booklet

Source: Education Factors, Inc.
Star Route 1, Box 427
Dripping Springs, TX 78620
(512) 858-7763

Reading Level: Level I (Grades 1, 2, 3) Level II (Grades 4, 5, 6)

Intended Use By: Teacher in classroom

Intended Use For: Grades 1, 2, 3 or 4, 5, 6

Description: Concepts to be taught:

- Health is affected by daily personal hygiene practices, proper nutrition and prompt attention to symptoms of illness.
- Childhood diseases can, and do cause crippling and other complications, and sometimes death.
- Many infections diseases can be prevented by immunization.
- Many other diseases can be avoided by proper health care practices.

Language: English/Spanish

Availability: from source

Cost: Teachers Manual $3.25 each
Student Booklet $2.25 each
Less 10% on orders over $150.00

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control, Diabetics

Title: Plain Talk for Parents of Diabetic Children
Guidebook for Parents of Diabetics

Format: Booklet 27 pp.

Source: Ames Division
Miles Laboratories, Inc.
P.O. Box 70
Elkhart, IN 46515

Reading Level: Adult

Intended Use By: Health Care Providers, Parents

Intended Use For: Diabetic Children

Description: This booklet is booklet is geared toward management of diabetics in children. It includes an explanation of the disease and all phases of managing it including medication, diet, exercise and testing.

Language: English

Availability:

Cost: Singe Copy $.25

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control

Title: Prueba Simple de la Vision Para Ninos de Edad Pre-Escolar

Format: Chart

Source: Sociedad Puertorriquena Para la Prevencion de la Ceguera, Inc.
Apartado 3232
San Juan, PR 00904

Reading Level: General public

Intended Use By:

Intended Use For:

Description: This chart is produced as a public service in Puerto Rico to diagnose and prevent vision disorders.

Language: Spanish

Availability:

Cost:

Date: August, 1984

FAPPIER Health Resource Guide

Major Health Category: Disease Control

Title: Que Es?
Enfermedad - Inflamacion De La Pelvis? (CIP)

Format: Single page hand-out

Source: Department of Health
City of Houston

Reading Level: High School, Adult

Intended Use By: Health Care Professionals

Intended Use For: High School Students, Adults

Description: This is a short hand-out which defines EIP - how it is caused and what to do or not during treatment. A space is provided for a telephone number of a clinic or health care professional.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control

Title: Que Es La Gonorrea?

Format: Single page hand-out

Source: Department of Health
City of Houston

Reading Level: High Schoo, Adult

Intended Use By: Health Care Professionals

Intended Use For: High School Students, Adults

Description: This is a short hand-out which defines gonorrhea - the symptoms and what to do and not do while being treated.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control

Title: Que Es La Tricomonas?

Format: Single page hand-out

Source: Department of Health
City of Houston

Reading Level: High School, Adult

Intended Use By: Health Care Professionals

Intended Use For: High School Students, Adults

Description: This is a short hand-out which defines trichomonas, its cause and what to do or not do during treatment. A space is provided for a telephone number of a clinic or health care professional.

Language: Spanish

Availability:

Cost:

Date: August. 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control

Title: Que Es Uretritis No Gonococia? (UNG)

Format: Single page hand-out

Source: Department of Health
City of Houston

Reading Level: High School, Adult

Intended Use By: Health Care Professionals

Intended Use For: High School Students, Adults

Description: This is a short hand-out which defines ureteritis and the relationship this disease has to gonococia. The hand-out also lists what a person should and should not do while being treated for this disease. A space is provided for a telephone number of a clinic or health care professional.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control

Title: Question: What's Wrong with This Picture?
Answer: One of the Mouths is Smoking.
#2105

Format: Poster

Source: American Cancer Society, Inc.
4 West 35th Street
New York, NY 10001
(212) 736-3030

Reading Level: Grade School

Intended Use By: Clinics, Classroom Teachers

Intended Use For: Everyone

Description: A poster which has a humorous anti-smoking message that would particularly appeal to elementary students.

Language: English

Availability: Check local cancer affiliate office.

Cost: No charge.

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control

Title: i Quiere Dejarlo...?
i Puede!

Format: Booklet 13pp.

Source: American Cancer Society
4 West 35th Street
New York, NY 10001
(212) 736-3030

Reading Level: Senior High

Intended Use By: Health Care Providers, Clinics

Intended Use For: Adults, Older Students

Description: A comic book for older teenagers who smoke or contemplate it. The message offers information and tips on quitting. Join the 30,000,000 Americans who have quit - you can too!

Language: Spanish

Availability: Check local cancer society affiliate office.

Cost: No charge.

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control, Heart

Title: RISKO
A Heart Hazard Appraisal
No. 51-039-A

Format: Folder

Source: American Heart Association
National Center
7320 Greenville Avenue
Dallas, TX 75231
or local association office or state affiliate

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Families

Description: The RISKO heart hazard appraisal is an indicator of risk for adults who do not currently show evidence of heart disease. However, if you already have heart disease, it is very important that you work with your doctor in reducing your risk. RISKO scores are based on four most important modifiable factors which contribute to heart disease - weight, blood pressure, blood cholesterol level and the use of tobacco. For women the score also takes into account the use of estrogen. The RISKO appraisal is not a substitute for assessment by your physician. Rather it will help you learn more about your risk of developing heart disease and will indicate ways in which your can reduce the risk.

Language: English

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control

Title: Sexually Transmitted Diseases

Format: Booklet

Source: Puerto Rico Health Department
Call Box 71423
San Juan, PR 00936

Reading Level: High school

Intended Use By: Providers

Intended Use For: Students and others interested in ETS

Description: Described the most common sexually transmitted diseases and their incidence in Puerto Rico. Offers suggestions for prevention.

Language: Spanish

Availability:

Cost:

Date: August 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control

Title: Sobre la Sifilis y la Gonorrea

Format: Folder

Source: U.S. Department of Health, Education, and Welfare
Public Health Service

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Adults

Description: This folder provides a complete description of syphilis and gonorrhea - the cause and treatment. Information about what happens to a person if left untreated is included.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control

Title: So You Want to Stop?
You Can!

Format: Booklet 13pp.

Source: American Cancer Society
4 West 35th Street
New York, NY 10001
(212) 736-3030

Reading Level: Senior High

Intended Use By: Health Care Providers, Clinics

Intended Use For: Adults, Older Students

Description: A comic book for older teenagers who smoke or contemplate it. The message offers information and tips on quitting. Join the 30,000,000 Americans who have quit - you can too!

Language: English

Availability: Check local cancer society affiliate office.

Cost: No charge.

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control

Title: Taking A Change...With No Change to Win
#2077

Format: Booklet 16pp.

Source: American Cancer Society
4 West 35th Street
New York, NY 10001
(212) 736-3030

Reading Level: Junior and Senior High

Intended Use By: Health Care Providers, Teachers

Intended Use For: Students

Description: A comic book on smoking for junior and senior high school students. The message offers information about health problems that can result from cigarette smoking.

Language: English

Availability: Check local affiliate office.

Cost: No charge.

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control

Title: The Hemophilic Child in School

Format: Booklet

Source: The National Hemophilic Foundation
25 West 39th Street
New York, New York 10018
(212) 869-9740

Reading Level: Adult

Intended Use By: Teachers, Nurses and Other School Personnel

Intended Use For: Hemophiliacs

Description: Teachers and school nurses without previous contact with a hemophiliac may feel anxious about the youngster with it. The aim of this brochure is to dispel any unfounded notions and present the hemophilic child as he really is today. The booklet describes the disease and its treatment.

Language: English

Availability: Contact Local NHF Chapter

Cost: No charge.

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control

Title: The Story of a Cigarette
Coloring Book

Format: 7" X 10" Coloring Book 18pp.

Source: American Cancer Society
4 West 35th Street
New York, NY 10001
(212) 736-3030

Reading Level: 2nd Grade

Intended Use By: Parents, Teachers

Intended Use For: Children

Description: This coloring book carries the message of all the bad aspects of cigarette smoking. It encourages the whole family to be involved with the coloring book.

Language: English

Availability: Check local affiliate office.

Cost: No charge.

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control

Title: The Tuberculin Test: How It Works... What It Shows

Format: Folder

Source: American Lung Association
1976

Reading Level: High School, Adult

Intended Use By: Health Care Providers

Intended Use For: Adults

Description: This folder provides a brief description of how a tuberculin test is administered and read.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control, Diabetics

Title: Toward Good Control
Guidebook for Diabetics

Format: Booklet 45 pp.

Source: Ames Division
Miles Laboratories, Inc.
P.O. Box 70
Elkhart, IN 46515

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Diabetics

Description: This booklet is a primer on diabetics, an explanation of it and all phases of management of it including meal planning, exercise, medication and many other health tips.

Language: English

Availability:

Cost: Singe Copy $.25

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Prevention

Title: Where There is No Doctor - A Village Health Care Handbook
David Werner

Format: Softbound Book with Drawings

Source: The Hesperian Foundation
P.O. Box 1692
Palo Alto, CA 94302

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Parents and Families

Description: This book was written primarily for those who live in villages of Mexico far from medical centers and want to do something about their own health. It has been widely used as a training manual for community health workers.

Language: Spanish, English, Portuguese

Availability:

Cost: One Copy - $8.00
12 or More - $6.00 each

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control - Hypertension - Preventive Care

Title: Why Risk Heart Attack?
Seven Ways to Guard Your Heart
No. 51-021-C (Rev. 81)

Format: Pamphlet 5 pp.

Source: American Heart Association
National Center
7320 Greenville Avenue
Dallas, TX 75231
or local association office or state affiliate

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Families

Description: This pamphlet outlines ways to guard your heart and reduce the risk of heart attack. Studies of research scientists show that certain physical conditions and living habits may increase the chance of heart attacks and many of these risks can be reduced with practical steps. Everyone in the family - children as well as adults - can benefit by following a health program under a doctors supervision or a health counselor's guidance. Children will benefit most of all when they are taught eating and living patterns that will guard their hearts throughout their lives.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control

Title: Your Heart and You
What You Can Do to Prevent
Cardiovascular Disease

Format: Folder

Source: Arizona Department of Health Services
Bureau of Nutrition Services

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Families

Description: This folder describes what cardiovascular is, what causes it and what you can do to help prevent cardiovascular disease for you or your family. A cartoon caricature of the heart is used.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Disease Control

Title: Youth Looks at Cancer
#2044

Format: Booklet 29pp.

Source: American Cancer Society
4 West 35th Street
New York, NY 10001
(212) 736-3030

Reading Level: Secondary Schools

Intended Use By: Teachers, Health Care Providers

Intended Use For: Students

Description: This booklet serves as a valuable reference for basic information on cancer for secondary schools. It will bring you up-to-date on all the news about cancer-the sobering facts and the hastening results. It reviews what is known about the disease today and explains the different kinds of treatment and the most promissory avenues of research for the future. It suggests what you can do to protect your own health and those around you.

Language: English

Availability: Check local cancer society affiliate office.

Cost: No charge.

Fitness

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Fitness - Preventative Care

Title: About Your Heart
and Your Bloodstream
No. 51-031-A

Format: Booklet 6 pp.

Source: American Heart Association
National Center
7320 Greenville Avenue
Dallas, TX 75231
or local association office or state affiliate

Reading Level: 6, 7, 8 Grades

Intended Use By: Classroom Teacher

Intended Use For: Junior High School Students

Description: This illustrated booklet describes the heart, your body cells and your blood stream. The booklet contains instructions for an experiment and Exercise and Heart Action. After reading the leaflet the student can fill in the blanks of an exercise with words from a find game.

Language: English

Availability:

Cost:

Date: August 1984

HAPPIER Health Resource Guide

Major Health Category: Fitness

Title: "E" is for Exercise
No. 51-027-A (Rev. 81)

Format: Folder

Source: American Heart Association
7320 Greenville Avenue
Dallas, TX 75231
or local association or state affiliate office

Reading Level: Junior High to Adult

Intended Use By: Physical Education Teachers, Health Care Providers

Intended Use For: Individuals

Description: This folder gives suggestions on kinds of exercise, what to do before you start, how to exercise properly, and encouragement to continue after you have started.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Fitness

Title: "Every Body Benefits"

Format: Folder

Source: NHSCVO, Inc.
5161 River Road, Building #20
Washington, DC 20016
(301) 657-8480 or
(800) 638-8087

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Clinics and Community Organizations Wishing to Organize a Health Fair.

Description: The folder describes what is available from NHSCVO to help set up a health fair.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Fitness

Title: Facts About Exercise: Sample Exercise Programs

Format: Double Fact Sheet

Source: The National Heart, Lung and Blood Institute
Public Inquiries Office
Room 2A21, Building 31
National Institute of Health
Bethesda, MD 20205
(301) 496-

Reading Level: Adult

Intended Use By: Health Care Providers, Teachers

Intended Use For: Families

Description: A sample walking program and a sample jogging program are outlines with suggested guidelines. It gives a weekly progression guide with warm up, target zone exercising, cool down and total time. It gives effective ways to avoid injuries when exercising.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Fitness

Title: Facts About Exercise and How to Get Started

Format: Single Fact Sheet

Source: The National Heart, Lung and Blood Institute
Public Inquiries Office
Room 2A21, Building 31
National Institute of Health
Bethesda, MD 20205
(301) 496-

Reading Level: Adult

Intended Use By: Health Care Providers, Teachers

Intended Use For: Families

Description: The facts about what exercises help condition the heart and lungs. It gives the key to a successful exercise program and ideas for pacing yourself.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Fitness

Title: Facts About Exercise and What is Fact and What is Fiction?

Format: Single Fact Sheet

Source: The National Heart, Lung and Blood Institute
Public Inquiries Office
Room 2A21, Building 31
National Institute of Health
Bethesda, MD 20205
(301) 496-

Reading Level: Adult

Intended Use By: Health Care Providers, Teachers

Intended Use For: Families

Description: A fact sheet giving practical advice on how to exercise, facts about exercise and your heart health, exercise if you've had a heart attack and comparing the benefits and risks of exercise.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Fitness, Nutrition

Title: Food and Fitness

Format: Booklet 95 pp.

Source: Blue Cross Association
676 N. St. Clair
Chicago, IL 60611

Reading Level: Adult

Intended Use By: Health Care Providers, Teachers, Nutritionists

Intended Use For: Families

Description: The book is presented because almost everyone needs more information about how to keep healthy, how to live longer and live better. It is a unique collection of articles written by experts in nutrition, exercise, physical fitness and the psychology of motivation. The most valuable thing about this book is that its honest and its accurate, which can't be said about every book on the shelf today. It won't give you any magic ways to lose weight while eating everything you want because there isn't any way to do it. It won't tell you how to think yourself into great physical shape because it can't be done. If you want to learn facts about good nutrition and healthy exercise, and how to improve your life and the lives of your children, this book is for you.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Fitness

Title: Healthy People Help Themselves.

Format: Poster

Source: Healthstyle
Box 47
Washington, DC 20044

Reading Level: Junior High

Intended Use By: Classroom Teachers, Health Clinics

Intended Use For: Students

Description: A colorful poster with the message - for your free Healthstyle self-test write: Healthstyle, Box 47, Washington, DC 20044

Language: English

Availability:

Cost: No charge.

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Fitness - Disease Control

Title: Heart Facts
No. 55-005-H

Format: Booklet 25 pp.

Source: American Heart Association
National Center
7320 Greenville Avenue
Dallas, TX 75231
or local association office or state affiliate

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Families

Description: Diseases of the heart and blood vessels kill almost as many Americans as all other diseases combined. This booklet was written to answer some general questions about the major types of cardiovascular (heart and blood vessel) disorders - what they are, how many are affected, how they are diagnosed and treated, and what can be done about them. This "8½ by 11 booklet" uses many illustrations and graphs and has a glossary.

Language: English

Availability:

Cost:

Date August, 1984

HAPPIER Health Resource Guide

Major Health Category: Fitness

Title: Physical Fitness
A Performance Checklist

Format: Booklet 6 pp.

Source: The President's Council on Physical Fitness
450 Fifth Street, N.W.
Room 7103
Washington, DC 20001

Reading Level: Adult

Intended Use By: Parents

Intended Use For: Children

Description: This booklet is a checklist for parents to use to evaluate the physical education program in their child's school.

Language: English

Availability:

Cost: No charge.

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Fitness

Title: Put Some Pep In your Step
Walking for Exercise and Pleasure

Format: Booklet 9 pp.

Source: Blue Cross and Blue Shield Associations
676 St. Clair
Chicago, IL 60611

Reading Level: Junior High to Adult

Intended Use By: Health Care Providers

Intended Use For: Individuals

Description: Topics carried are:
Walking: An Exercise for All Ages
Walking: The Slower, Surer Way to Fitness
Walking for Physical Fitness
Walking Poses Few Health Risks
What to Wear When Walking
Warmups and Conditioning Exercise
How Far? How Fast? How Soon?
Listen to Your Body
And Then What

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Fitness

Title: Step to Health
Walking Diary

Format: Booklet

Source: Clinica Adelante, Inc.
12212 Grand Avenue
P.O. Box 760
El Mirage, AZ 85335
(602) 933-9671

Reading Level: Junior High - Adult

Intended Use By: Everyone

Intended Use For: Everyone

Description: This walking diary has been designed for you. It is intended to monitor your progress and success over a long period of time. Use this diary to record feelings and events that occurred while walking.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Fitness

Title: Student Program - Health Fair By and For Young Adults

Format: Folder

Source: National Health Screening Council for
Volunteer Organizations, Inc. (NHSCVO)
5161 River Road, Building 2
Bethesda, Maryland 20816
(301) 657-8480

Reading Level: Senior High

Intended Use By: Classroom Teacher

Intended Use For: Students

Description: The folder explains what NHSCVO can provide to help students plan and implement a health fair. The health fair is designed to expand in many directions to meet the needs of individual schools, with local determination of the number and nature of topics and screenings. It can be the basis for a health education program, may promote existing classes, or may be an annual event to increase interest and knowledge about health and health careers.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Fitness

Title: The Future Challenge
... In the Later Years
An Exercise Program for Older Americans

Format: Booklet 25 pp.

Source: Texas Department of Health

Reading Level: Adult

Intended Use By: Physical Fitness Providers, Clinics

Intended Use For: Older Persons

Description: This book describes physical fitness as a quality of life. It is written for the older person. It tells about the importance of exercise and gives principles of exercise and fitness programming. Types of exercises are illustrated.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Fitness

Title: The Physically Underdeveloped Child

Format: Booklet 13 pp.

Source: The Presidents Council on
Physical Fitness and Sports
Washington, D.C. 20201

Reading Level: Adult

Intended Use By: Physical Education Instructors, Teachers

Intended Use For: Physically Underdeveloped Children

Description: This booklet is designed to help identify the physically underdeveloped child and to find remedies for their problems.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Fitness

Title: The President's Council on Physical Fitness and Sports

Format: Folder

Source: The President's Council on Physical Fitness and Sports
450 Fifth Street, N.W.
Room 7103
Washington, DC 20001

Reading Level: Adult

Intended Use By: Health Care Providers, Teachers

Intended Use For: Everyone

Description: This folder explains the organization, objectives, programs and the situation report. The Council cannot compel anyone to accept its recommendations. Its task is to educate, advice and encourage. The responsibility for action rests with parents, school administrators, teachers, coaches, recreation supervisors, civic and business leaders and other individuals.

Language: English

Availability:

Cost: No charge.

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Fitness

Title: Youth Physical Fitness
Suggestions for School Programs
Stock No. 0[illegible]0-000-00400-9

Format: Booklet 95 pp.

Source: Superintendent of Documents
U. S. Government Printing Office
Washington, D.C. 20402

Reading Level: Adult

Intended Use By: Teachers

Intended Use For: All Students

Description: The purpose of this publication is to assist in the promotion of effective physical education programs for all pupils in grades K-12. Most program suggestions are basic in nature, designed to assist classroom teachers inexperienced in physical education, to develop activities which will make a contribution to the physical fitness of the children in their charge. The book is divided into three main parts - basics, advanced and comprehensive programs. Each school is encouraged to follow the four point program outlined in the basic program to insure that each pupil receives the benefit of at least a minimum fitness program.

Language: English

Availability:

Cost:

Health Promotion

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Health Promotion

Title: Adiestramiento MA-7

Format: Pamphlet

Source: Departamento de Salud
Secretaria Auxiliar para Servicios Ambulatorios
School Health Program
Department of Education
(Puerto Rico)

Reading Level: Nurses and health supervisors

Intended Use By: Health program director

Intended Use For:

Description: Orientation to nurses toward the way to compliment the form MA-7 (Record of the medical services offered to students).

Language: Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Health Promotion

Title: Ambiente Escolar Saludable

Format: Booklet

Source: School Health Program, Puerto Rico Department of Education

Reading Level: Teachers

Intended Use By: Teachers

Intended Use For: Teachers

Description: First of a series of three booklets designed to give information about the School Health Program of Puerto Rico. To give teachers the necessary elements for a good health program in relation to the environment, resources and teachers participation.

Language: Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Health Promotion

Title: Decisiones Importantes
Informacion Para Adolescents

Format: Pamphlet

Source: Personal del Programa de Consejeria para
Adolesecents
Ave. Roberto H. Todd
903, Pda. 18 Altos
Santurce, Puerto Rico

Reading Level: Intermediate and Secondary Level

Intended Use By: Adolescents

Intended Use For:

Description: Pamphlet offering information about the institutions where adolescents can receive counseling services on sex, family relationships, nutrition, contraceptive methods, and health.

Language: Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Health Promotion

Title: El Alcohol y su Relacion con la Seguridad en el Transito

Format: Pamphlet (Teachers Guide)

Source: Departmento de Instruccion Publica, Puerto Rico
Proyecto de Alcohol y Seguridad en el Transito

Reading Level: Teachers guide

Intended Use By: Teachers guide

Intended Use For: Teachers guide

Description: This pamphlet suggests teachers the objectives and activities to be performed in the classroom in relation to the use of alcohol and its effects.

Language: Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Health Promotion

Title: El Alcohol y su Relacion con la Seguridad en el Transito

Format: Pamphlet

Source: Proyecto de Alcohol y Seguridad en el Transito
Departamento de Instruccion Publica, Puerto Rico

Reading Level: High school

Intended Use By: Students

Intended Use For: Health course about alcohol and traffic safety

Description: This pamphlet provides readings, a questionnaire and exercises to help students to evaluate their attitudes and knowledge about drinking alcohol and its effects in relation to traffic.

Language: Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Health Promotion

Title: Ellos

Format: Booklet

Source: Programa de Plaificacion Familiar
Programa de Conserjeria para Adolescents
Escuela de Salud Publica
Universidad de Puerto Rico

Reading Level: Elementary to secondary level

Intended Use By: Students

Intended Use For:

Description: Provides information on made growth and development.

Language: Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Health Promotion

Title: Ensenanza de Salud

Format: Booklet

Source: School Health Program, Department of Education

Reading Level: Teachers

Intended Use By: Specially for elementary school teachers

Intended Use For: Teachers

Description: Third of a series of three booklets designed to give information about the School Health Program of Puerto Rico. It provides teachers with information on the teaching of health in grades K-12. It also includes the responsibilities of the health supervisors.

Language: Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Health Promotion

Title: Guide for Health Counselors

Format: Booklet

Source: Board of Education of the City of New York

Reading Level: Secondary school

Intended Use By: Health Counselors and other school personnel

Intended Use For: Vocational high school

Description: Description of a school Health Service Program to the students.

Language: Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Health Promotion

Title: La Importancia de la Toma de Decisiones en
la Prevencion del uso y Abuso del Alcohol
en las Vias Publicas

Format: Booklet

Source: Curriculum Design and Reproduction Unit
Puerto Rico Department of Education
Hato Rey, PR

Reading Level: Secondary

Intended Use By: Students

Intended Use For: Teaching health in seventh to ninth grade

Description: Booklet about alcohol and traffic safety rules to prevent accidents. It also covers the importance of decision making (Reality Therapy) in the prevention of accidents.

Language: Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Health Promotion

Title: La Seguridad en el Transito y el Alcohol

Format: Guide

Source: Curriculum Design and Reproduction Unit
Puerto Rico Department of Education

Reading Level: Kindergarten to third grade

Intended Use By: Teachers of health course

Intended Use For: Teaching health from kindergarten to third grade

Description: Teacher's guide about alcohol and traffic rules to prevent accidents.

Language: Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Health Promotion

Title: LaSeguridad en el Transito y el Alcohol (Kindergarten)

Format: Pamphlet

Source: Curriculum Design and Reproduction Unit
Puerto Rico Department of Education

Reading Level: Kindergarten

Intended Use By: Students

Intended Use For: Teaching health course in kindergarten

Description: Provides traffic and security rules to prevent car accidents.

Language: Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Health Promotion

Title: La Seguridad en el Transito y el Alcohol

Format: Pamphlet

Source: School Health Program
Puerto Rico Department of Education
Hato Rey, PR

Reading Level: First Grade

Intended Use By: Students

Intended Use For: Teaching a health course in the first grade

Description: Lessons about the uses of alcohol and about traffic safety rules.

Language: Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Health Promotion

Title: La Seguridad en el Transito y el Alcohol

Format: Lessons

Source: Curriculum Design and Reproduction
(Puerto Rico)

Reading Level: Second Grade

Intended Use By: Students

Intended Use For: Teaching health in second grade

Description: Lessons providing alcohol and traffic safety rules tc prevent accidents.

Language: Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Health Promotion

Title: La Seguridad en el Transito y el Alcohol

Format: Lessons

Source: Curriculum Design and Reproduction
(Puerto Rico)

Reading Level: Third Grade

Intended Use By: Students

Intended Use For: Teaching health in third grade

Description: It is a small lesson about the uses of alcohol and traffic safety rules.

Language: Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Health Promotion

Title: Lecturas Para el Curso de Salud de la Escuela Superior

Format: Book

Source: School Health Program
Puerto Rico Department of Education
Hato Rey

Reading Level: High school

Intended Use By: Students and teachers

Intended Use For: Students and teachers

Description: A series of selected readings recommended in the units of the health course at the high school level.

Language: Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Health Promotion

Title: Lifestyle and Health

Format: Manual

Source: Puerto Rico Health Department
Call Box 71423
San Juan, PR 00936

Reading Level: Adult

Intended Use By: Providers

Intended Use For: Discussion group leaders

Description: Provides basic information about the relationship between lifestyle and health and offers suggestions on how to lead discussion groups on this subject. Offers basic information about six subjects related to lifestyle and health: how to achieve optimum health, eating habits and health, physical fitness and health, hypertension as a risk factor, stress management and the individual's responsibility toward his/her own health.

Language: Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Health Promotion

Title: Podrias ser tu

Format: Booklet

Source: Puerto Rico Health Department
Call Box 71423
San Juan, PR 00936

Reading Level: Elementary

Intended Use By: Providers

Intended Use For: General

Description: Describes rape and offers suggestions for prevention.

Language: Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Health Promotion

Title: Preguntas y Respuestas Acerca de los Piojos de Cabeza

Format: Pamphlet

Source: RAC Spray Insecticide, Kenilworrth, New Jersey 07033

Reading Level: Junior High and high school level

Intended Use By: Student, parents and teachers

Intended Use For: To provide information about pediculosis

Description: Information about pediculosis.

Language: Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Health Promotion

Title: Programa de Salud Escolar es...

Format: Pamphlet

Source: School Health Program, Puerto Rico Department of Education

Reading Level: All school levels

Intended Use By: Teachers

Intended Use For: School directors, teachers

Description: Brief description of the Puerto Rico School Health Program.

Language: Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Health Promotion

Title: School Health Program of Puerto Rico

Format: Pamphlet

Source: School Health Program

Reading Level: School Directors, Teachers, General Public

Intended Use By: General Public, School Directors, Teachers

Intended Use For: School Directors, Supervisors, Teachers

Description: Provides orientation on the philosophy of the Health Program and a critical analysis of Health Education based on the nature of society, of the child, of the subject matter and of learning principles.

Language: English

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Health Promotion

Title: Que es la Sociedad Americana del Cancer?

Format: Leaflet

Source: Division Puertorriquena
Sociedad Americana del Cancer
Ave. Domenech 273
Hato Ray, PR

Reading Level: General Public

Intended Use By:

Intended Use For:

Description: This leaflet presents information in relation to the purposes of the American Cancer Society.

Language: Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Health Promotion

Title: Servicios Medicos Para el Fomento de la Salud

Format: Booklet

Source: Medical Services
(Puerto Rico)

Reading Level: Teacher

Intended Use By: Teacher

Intended Use For: Teachers and school nurses

Description: The second of a series of three booklets designed to give information about the School Health Program of Puerto Rico. Related to medical services given to students such as: physical and dental evaluations, immunizations, vision test, and othe services (hospitalization, daily observations).

Language: Spanish

Availability:

Cost:

Human Growth and Development

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Human Growth and Development, Mental Health

Title: Articulacion de conceptos de salud en el Programa de Espanol
Libro: Por los Caminos del Mundo

Format: Booklet

Source: School Health Program, Puerto Rico Department of Education

Reading Level: Fourth Grade

Intended Use By: Elementary school teachers

Intended Use For: Students

Description: This booklet helps the students to develop and clarify attitudes and human values necessary for a healthy life.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Human Growth and Development

Title: "Blood and Guts"
Linda Allison

Format: Student Book 127 pp.

Source: Little, Brown and Company
The Yolla Bolly Press
Covelo, CA

Reading Level: Junior High

Intended Use By: Classroom Teachers

Intended Use For: Students

Description: Student Book
Interesting, motivating chapters, fun activities.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Human Growth and Development

Title: Cambios y Elecciones -- Sus Hijos y La Sexualidad

Format: Booklet

Source: Department of Health and Social Services
Public Health Services
Health Services Administration
Office of Community Health Services
DHEW Publication No. HSA 80-5647

Reading Level: Adult

Intended Use By: Health Care Providers, Family Counselors

Intended Use For: Parents

Description: This booklet discusses the various stages a child goes through as she/he begins to form her/his sexual self. It offers ways a parent may guide her/his child in gathering information and in forming moral values.

Language: Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Human Growth and Development

Title: Comprendiendo Nuestro Crecimiento Fisico y Desarrollo Emocional y social

Format: Pamphlet

Source: Health School Program, Puerto Rico Department of Education

Reading Level: Elementary school

Intended Use By: Teachers and students

Intended Use For: Teaching in elementary health courses

Description: Teaching guide about physical, emotional and social development.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Human Growth and Development

Title: Cuando Su Nino Val Al Hospital
Un Mensaje de Fred Rogers

Format: Booklet 6 pp.

Source: Family Communications
4802 Fifth Avenue
Pittsburgh, PA 15213
(412) 687-2990

Reading Level: Adult

Intended Use By: Parents

Intended Use For: Families

Description: Written and illustrated by Fred Rogers to help encourage communication between adults and children, this illustrated booklet written in Spanish reflects his unique blend of information and reassurance. Children's fears and fantasies about what might happen during a hospital stay are often more frightening than what actually will happen there. In the booklet, Fred Rogers suggests ways in which parents can help their children as they prepare for hospitalization.

Language: Spanish

Availability: Unlimited

Cost: Single copy no charge
2-49 copies @ .50 each
50 copies @ $7.50
100 copies @ $15.00

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Human Growth and Development

Title: Desarrollo de la Personalidad

Format: Guide

Source: School Health Program, Puerto Rico Department of Education

Reading Level: High school

Intended Use By: Teachers

Intended Use For: Teaching a health course in the high school.

Description: A guide for teachers to lead students to acquire knowledge about the development of their personality.

Language: Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Human Growth and Development

Title: Desarrollo fisico

Format: Teacher's guide

Source: Health School Program
(Puerto Rico)

Reading Level: High school

Intended Use By: Teachers

Intended Use For: Teaching health in the high school level.

Description: Provides information about physical development and changes in the human body during adolescense.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Human Growth and Development

Title: El Barullo de Convertirse en Padres Adolescentes

Format: Pamphlet

Source: U.S. Department of Health, Education and Welfare
Public Health Service
Health Services Administration
Bureau of Community Health Services
Rockville, MD 20857

Reading Level: High School

Intended Use By: Health Care Providers

Intended Use For: Teenagers

Description: This pamphlet emphasized the importance of family planning, not only for married couples, but for adolescents who are planning to someday have children. There is a review of the reproductive process, the risks of pregnancy, and methods of birth control.

Language: Spanish

Availability:

Cost:

Date: August 1984

HAPPIER Health Resource Guide

Major Health Category: Human Growth and Development

Title: El Ciclo Menstrual - Mas Que La Menstruacion

Format: Folder

Source: Personal Products Company
Milltown, NJ 08850

Reading Level: High School

Intended Use By: Health Care Providers, School Nurses

Intended Use For: Women

Description: This booklet answers questions about the cycle before, during, and after menstruation. There is a brief explanation of Toric Shock Syndrome included in the booklet.

Language: Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Human Growth and Development

Title: El Crecimiento y Desarrollo Humano

Format: Textbook

Source: Laidlow Brother Publishers
Doubleday and Company, Inc.
River Forest, IL 1973

Reading Level: Junior high school (grades 7-9)

Intended Use By: Teachers

Intended Use For: Teaching

Description: Human growth and development.

Language: Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Human Growth and Development

Title: Entendiendo mi crecimiento fisico

Format: Pamphlet

Source: Health Course
(Puerto Rico)

Reading Level: Secondary school students

Intended Use By: Secondary school students

Intended Use For: Secondary school students

Description: Human growth and its development.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Human Growth and Development

Title: Going to the Hospital
from the procedures of
Mister Rogers' Neighborhood

Format: Booklet 18 pp.

Source: Family Communications
4802 Fifth Avenue
Pittsburgh, PA 15213
(412) 687-2990

Reading Level: Third Grade

Intended Use By: Parents and teachers

Intended Use For: Children and families

Description: This full-color illustrated booklet will help familiarize children with medical procedures and hospitalization. Each booklet includes simple activities. This booklet is helpful for children before, during or after hospitalization. Material is designed to encourage communication between children and adults at times of particular stress.

Language: English

Availability: Unlimited

Cost: Single copy $.75
100 copies $35.00
Special prices are available for larger quantity orders.

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Human Growth and Development

Title: Having an Operation
from the procedures of
Mister Rogers' Neighborhood

Format: Booklet 18 pp.

Source: Family Communications
4802 Fifth Avenue
Pittsburgh, PA 15213
(412) 687-2990

Reading Level: Third Grade

Intended Use By: Parents and teachers

Intended Use For: Children and families

Description: This full-color illustrated booklet will help familiarize children with medical procedures and hospitalization. Each booklet includes simple activities. This booklet is helpful for children before, during or after hospitalization. Material is designed to encourage communication between children and adults at times of particular stress.

Language: English

Availability: Unlimited

Cost: Single copy $.75
100 copies $35.00
Special prices are available for larger quantity orders.

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Human Growth and Development

Title: La familia

Format: Guide

Source: School Health Program
Department of Education
Hato Rey, PR

Reading Level: Teachers guide

Intended Use By: Teachers

Intended Use For: Teachers

Description: The study of this unit may give orientation to adolescents in their responsibilities for the adult life.

Language: Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Human Growth and Development

Title: Lo que se espera del nino de primero, segundo y tercer grado al finalizar el ano escolar

Format: Pamphlet

Source: Elementary school curriculum
Puerto Rico

Reading Level: First to third grade

Intended Use By: Elementary school teachers

Intended Use For: Informal teaching (Intergrated in other courses).

Description: Basic concepts that student should master in the health area from first to third grade.

Language: Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Human Growth and Development

Title: Manifestaciones de amor y agresion en nuestra sociedad

Format: Guide

Source: Puerto Rico Department of Education
School Health Program

Reading Level: High School

Intended Use By: Teachers and students

Intended Use For: Teaching a Health course in the high school level.

Description: This guide helps the students to understand those factors that influence the behavior of the human being.

Language: Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Human Growth and Development, Disease Control

Title: Manual de ejercicios para el estudiante

Format: Pamphlet

Source: School Health Program
Department of Education
Hato Rey, PR (1969)

Reading Level: High school

Intended Use By: Student

Intended Use For: Student

Description: The student manual contains six exercises to test the students knowledge in relation to areas such as nutrition, smoking and venereal diseases.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Human Growth and Development

Title: Mister Rogers' Plan and Play Book

Format: Daily Activities Manual 300 pp.

Source: Family Communications
4802 Fifth Avenue
Pittsburgh, PA 15213
(412) 687-2990

Reading Level: Adult

Intended Use By: Day Care Providers

Intended Use For: Young Children

Description: This special book of creative activities is designed for the adult who cares for young children. It can be used for parents, caregivers, early childhood educators and other child care providers. It contains over 300 pages of clearly written and illustrated, easy-to-do activities. Each activity is designed to compliment the more than 500 Mister Rogers' Neighborhood television programs. seen daily on public television. Each activity reflects the important themes taken about in the programs.

Language: English

Availability: Unlimited

Cost: Softcover $8.95
Discounts are available on quantity orders.

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Human Growth and Development

Title: Nosotras

Format: Pamphlet

Source: Universidad de Puerto Rico, Recinto de Ciencias Medicas
Escuela de Salud Publica, Programa de Planificacion Familiar

Reading Level: For secondary level

Intended Use By: Students and teachers

Intended Use For:

Description: This pamphlet provides information about the growth and development in girls from ages eleven to sixteen.

Language: Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Human Growth and Development

Title: Quia para la ensenanza de salud en el cuarto grado

Format: Booklet

Source: School Health Program
Department of Education
(Puerto Rico)

Reading Level: Fourth Grade

Intended Use By: Teacher

Intended Use For: Teachers

Description: A curriculum teacher's guide for the teaching of health in the fourth grade. Its main objective is to provide the students with health knowledge in order to stimulate the development attitudes, habits, skills and values to maintain a healthy physical, mental and emotional condition.

Language: Spanish

Availability:

Cost:

Date: August 1984

HAPPIER Health Resource Guide

Major Health Category: Human Growth and Development

Title: Su Ciclo Menstrual Adolescente

Format: Folder

Source: Personal Products Company
Milltown, NJ 08850

Reading Level: High School

Intended Use By: Health Care Providers, School Nurses

Intended Use For: Pre-teen, teenage girls

Description: This answers questions about the cycle before, during, and after menstruation. This book is written primarily for pre-teen and teenage girls.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Human Growth and Development

Title: Talking with Families About Creativity
A Message from Fred Rogers

Format: Booklet 20 pp.

Source: Family Communications
Marketing Department
4802 Fifth Avenue
Pittsburgh, PA 15213
(412) 687-2990

Reading Level: Adult

Intended Use By: Parents

Intended Use For: Families

Description: Written and designed by Fred Rogers to help encourage communication between adults and children, this illustrated booklet reflects his unique blend of information and reassurance. Each of us is born with the capacity to make or do something entirely different from everybody else in the world. In this booklet, Fred Rogers discusses the roots of creativity and the importance of creative play.

Language: English

Availability: Unlimited

Cost: Single copy no charge
2-49 copies @ .50 each
50 copies @ $20.00
100 copies @ $35.00

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Human Growth and Development

Title: Talking with Families About Discipline
A Message from Fred Rogers

Format: Booklet 11 pp.

Source: Family Communications
4802 Fifth Avenue
Pittsburgh, PA 15213
(412) 687-2990

Reading Level: Adult

Intended Use By: Parents

Intended Use For: Families

Description: Written and illustrated by Fred Rogers to help encourage communication between adults and children, this booklet reflects his unique blend of information and reassurance. "Discipline is a parents gift of responsible love." Fred Rogers addresses the difference between discipline and punishment and stresses the importance of self-discipline in all our lives.

Language: English

Availability: Unlimited

Cost: Single copy no charge
2-49 copies @ .50 each
50 copies @ $20.00
100 copies @ $35.00

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Human Growth and Development

Title: Talking with Families About Divorce
A Conversation with Fred Rogers and Earl Grollman

Format: Booklet 11 pp.

Source: Family Communications
4802 Fifth Avenue
Pittsburgh, PA 15213
(412) 687-2990

Reading Level: Adult

Intended Use By: Parents

Intended Use For: Families

Description: Written and illustrated by Fred Rogers to help encourage communication between adults and children, this booklet reflects his unique blend of information and reassurance. There are a few more stressful times for children than separation and divorce. In this booklet Fred Rogers and author-counselor Earl Gollman discuss some commonly asked questions that parents face at this difficult time.

Language: English

Availability: Unlimited

Cost: Single copy no charge
2-49 copies @ .50 each
50 copies @ $20.00
100 copies @ $35.00

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Human Growth and Development

Title: Talking with Families About Pets
A Message from Fred Rogers

Format: Booklet 11 pp.

Source: Family Communications
4802 Fifth Avenue
Pittsburgh, PA 15213
(412) 687-2990

Reading Level: Adult

Intended Use By: Parents

Intended Use For: Families

Description: Written and illustrated by Fred Rogers to help encourage communication between adults and children, this booklet reflects his unique blend of information and reassurance. The relationship between children and animals usually begins at a very early age with stuffed animals and picture books. In this booklet Fred Rogers explores the relationship between children and pets and how those relationships can be helpful to the family.

Language: English

Availability: Unlimited

Cost: Single copy no charge
2-49 copies @ .50 each
50 copies @ $20.00
100 copies @ $35.00

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Human Growth and Development

Title: Talking with Young Children About Death
A Message from Fred Rogers

Format: Booklet 19 pp.

Source: Family Communications
4802 Fifth Avenue
Pittsburgh, PA 15213
(412) 687-2990

Reading Level: Adult

Intended Use By: Parents

Intended Use For: Families

Description: Written and illustrated by Fred Rogers to help encourage communication between adults and children, this booklet reflects his unique blend of information and reassurance. All things humans are mentionable and all things that are mentionable are manageable. In this booklet Fred Rogers and his colleague Hilda Sharspan share their understanding about such difficult times as death, separation and loss.

Language: English

Availability: Unlimited

Cost: Single copy no charge
2-49 copies @ .50 each
50 copies @ $20.00
100 copies @ $35.00

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Human Growth and Development

Title: Teaching Hearing Impaired Students in a Mainstreamed Environment

Format: Folder

Source: National Technical Institute for the Deaf
Rochester Institute of Technology
One Lamb Memorial Drive
Rochester, NY 14623

Reading Level: Adult

Intended Use By: Education Administrators

Intended Use For: Classroom Teachers

Description: Mainstreaming deaf students without providing appropriate supportive services is tantamount to child abuse. This folder tells what a teacher must know about hearing loss and hints for teaching the hearing impaired students.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Human Growth and Development

Title: Teenage Body Book
Kathy McCoy and Charles Wibbelsman, M.D.

Format: Softbound Handbook

Source: Pocket Books, A Simon and Schuster Division
of Gulf and Western Corporation
1230 Avenue of Americas
New York, NY 10020

Reading Level: 9-12 Grades

Intended Use By: Teachers, Health Care Providers

Intended Use For: Students

Description: A handbook that discussed all phases of growth and development, feelings and common physical and mental problems of teenagers. It has been used in some schools as a text for Family Life classes.

Language: English

Availability: In Bookstore

Cost: $10.00

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Human Growth and Development

Title: The Hassles of Becoming a Teenage Parent

Format: Pamphlet

Source: U.S. Department of Health, Education,
and Welfare
Public Health Service
Health Services Administration
Bureau of Community Health Services
Rockville, MD 20857

Reading Level: High School

Intended Use By: Health Care Providers

Intended Use For: Teenagers

Description: This pamphlet emphasizes the importance of family planning, not only for married couples, but also for adolescents who are planning to some day have children. There is a review of the reproductive process, the risks of pregnancy, and methods of birth control.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Human Growth and Development

Title: Wearing a Cast
from the procedures of
Mister Rogers' Neighborhood

Format: Booklet 18 pp.

Source: Family Communications
4802 Fifth Avenue
Pittsburgh, PA 15213
(412) 687-2990

Reading Level: Third Grade

Intended Use By: Parents and teachers

Intended Use For: Children and families

Description: This full-color illustrated booklet will help familiarize children with the need for wearing a cast. Each booklet includes simple activities. This booklet will help a child before, during or after wearing a cast is needed. The material is designed to encourage communication between children and adults at times of particular stress.

Language: English

Availability: Unlimited

Cost: Single copy $.75
100 copies $35.00
Special prices are available for larger quantity orders.

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Human Growth and Development

Title: When You Have A Child in Day Care
A Message from Fred Rogers

Format: Booklet 20 pp.

Source: Family Communications
4802 Fifth Avenue
Pittsburgh, PA 15213
(412) 687-2990

Reading Level: Adult

Intended Use By: Parents

Intended Use For: Families

Description: Written and illustrated by Fred Rogers to help encourage communication between adults and children, this illustrated booklet reflects his unique blend of information and reassurance. When parents work whether by necessity or choice, day care often becomes part of the family routine. In this booklet, Fred Rogers explores some of the rewards, difficulties and ambivalent emotions associated with this subject.

Language: English

Availability: Unlimited

Cost: Single copy no charge
2-49 copies @ .50 each
50 copies @ $20.00
100 copies @ $35.00

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Human Growth and Development

Title: When Your Child Goes to School
A Message from Fred Rogers

Format: Booklet 14 pp.

Source: Family Communications
4802 Fifth Avenue
Pittsburgh, PA 15213
(412) 687-2990

Reading Level: Adult

Intended Use By: Parents

Intended Use For: Families

Description: Written and illustrated by Fred Rogers to help encourage communication between adults and children, this booklet reflects his unique blend of information and reassurance. Beginning school is an exciting time for children, but like other important times, it can bring mixed feelings. In this booklet, Fred Rogers suggests some ways parents can help make the first day of school more comfortable for their children and themselves.

Language: English

Availability: Unlimited

Cost: Single copy no charge
2-49 copies @ .50 each
50 copies @ $20.00
100 copies @ $35.00

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Human Growth and Development

Title: When Your Child Goes to the Dentist
A Message from Fred Rogers

Format: Booklet 6 pp.

Source: Family Communications
4802 Fifth Avenue
Pittsburgh, PA 15213
(412) 687-2990

Reading Level: Adult

Intended Use By: Parents

Intended Use For: Families

Description: Written and illustrated by Fred Rogers to help encourage communication between adults and children, this booklet reflects his unique blend of information and reassurance. Children's first visits with professional caretakers like dentists, physicians, and nurses are important times, but they can sometimes be difficult or scary. Knowing what to expect can make those times easier for children and for their parents too.

Language: English

Availability: Unlimited

Cost: Single copy no charge
2-49 copies @ .50 each
50 copies @ $20.00
100 copies @ $35.00

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Human Growth and Development

Title: When Your Child Goes to the Hospital
A Message from Fred Rogers

Format: Booklet 6 pp.

Source: Family Communications
4802 Fifth Avenue
Pittsburgh, PA 15213
(412) 687-2990

Reading Level: Adult

Intended Use By: Parents

Intended Use For: Families

Description: Written and illustrated by Fred Rogers to help encourage communication between adults and children, this booklet reflects his unique blend of information and reassurance. Children's fears and fantasies about what might happen during a hospital stay are often more frightening than what actually will happen there. In the booklet, Fred Rogers suggests ways in which parents can help their children as they prepare for hospitalization.

Language: English

Availability: Unlimited

Cost: Single copy no charge
2-49 copies @ .50 each
50 copies @ $20.00
100 copies @ $35.00

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Human Growth and Development

Title: When Your Family Moves
A Message from Fred Rogers

Format: Booklet 15 pp.

Source: Family Communications
4802 Fifth Avenue
Pittsburgh, PA 15213
(412) 687-2990

Reading Level: Adult

Intended Use By: Parents

Intended Use For: Families

Description: Written and illustrated by Fred Rogers to help encourage communication between adults and children, this booklet reflects his unique blend of information and reassurance. Thousands of families move to new homes each year, and the move is often a hard time for everyone - adults and children alike. In this booklet, Fred Rogers and his colleague Linda Philbruk explore what moving means to children and their families and the strong feelings that often accompany a move.

Language: English

Availability: Unlimited

Cost: Single copy no charge
2-49 copies @ .50 each
50 copies @ $20.00
100 copies @ $35.00

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Human Growth and Development

Title: Your Growing Child

Format: Folder

Source: WIC
Supplemental Food Section
California Department of Health Services

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Families

Description: This folder looks at food choices, eating habits and activity of the growing child. Food choices advices to think about what you feed your child and how you prepare the food, i.e., choose baked potato more often and french fries less often. Lifelong eating habits develop early so for example instead of using food as a reward or bribe, give hugs and kisses instead. Encourage active play every day.

Language: English

Availability:

Cost:

Hypertension

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Hypertension - Fitness - Preventative Care

Title: About Your Heart
and Blood Pressure
No. 51-040-A

Format: Booklet 5 pp.

Source: American Heart Association
National Center
7320 Greenville Avenue
Dallas, TX 75231
or local association office or state affiliate

Reading Level: 6, 7, 8 Grade

Intended Use By: Classroom Teacher

Intended Use For: Junior High School Students

Description: This booklet gives a discussion of your heart and blood vessels. It describes blood pressure, what causes high blood pressure, how it can hurt you and what can be done about it. The booklet gives instruction to demonstrate how blood pressure is measured and has a blood pressure crossword puzzle.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Hypertension

Title: Blacks and High Blood Pressure
NIH No. 83-2024

Format: Pamphlet

Source: National High Blood Pressure Education Program
National Heart, Lung, and Blood Institute
120/80 National Institute of Health
Bethesda, MD 20205
(301) 496-1809

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Families

Description: This pamphlet gives common sense ideas of how to find out if you have high blood pressure and how to live with it. Only a doctor, nurse or someone at a health center can tell you for sure. If you have high blood pressure it can be controlled.

Language: English

Availability:

Cost: No cost.

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Hypertension

Title: Children Have Hypertension Too!

Format: Booklet 42 pp.

Source: American Heart Association
Greater Los Angeles Affiliate
2405 West Eighth Street
Los Angeles, CA 90057

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Children

Description: This booklet was written because a growing body of literature has dispelled the myth that hypertension does not occur before adulthood. Unrecognized and uncontrolled high blood pressure may interfere with normal growth and development and lead to irreversible damage to major organs most targeted by the disease (i.e. brain, heart, kidney). This booklet defines measurement, blood pressure grids, essential or primary hypertension, secondary hypertension and management of hypertension.

Language: English

Availability: Purchase information available upon request.

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Hypertension

Title: Facts About Cholesterol

Format: Single Fact Sheet

Source: The National Heart, Lung and Blood Institute
Public Inquiries Office
Room 2A21, Building 31
National Institute of Health
Bethesda, MD 20205
(301) 496-

Reading Level: Adult

Intended Use By: Health Care Providers, Nutritionists

Intended Use For: Families

Description: A fact sheet about cholesterol - what it is, what it does, where it comes from, and how to control it.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Hypertension

Title: High Blood Pressure
No. 51-022-C

Format: Pamphlet

Source: American Heart Association
National Center
7320 Greenville Avenue
Dallas, TX 75231
or local association office or state affiliate

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Families

Description: This small 3-fold pamphlet explains high blood pressure - what it does to your body, how you know if you have it, and what you can do about it.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Hypertension

Title: High Blood Pressure and What You Can Do About It

Format: Booklet 32 pp.

Source:

The Benjamin Company, Inc.
One Westchester Plaza
Elmsford, NY 10523

or

The High Blood Pressure Information
120/80 National Institute of Health
Bethesda, MD 20205
(301) 496-1809

Reading Level: Adult

Intended Use By: Health Care providers

Intended Use For: Families

Description: This booklet gives a complete description with illustrations of what high blood pressure is, what causes it and what can be done to control it. It gives specific suggestions of what can be done to reduce the risks of heart and blood vessel disease. It contains a glossary of terms encountered when dealing with this subject.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Hypertension

Title: High Blood Pressure
Facts and Fiction
NIH No. 84-1218

Format: Pamphlet

Source: National High Blood Pressure Education Program
National Heart, Lung, and Blood Institute
120/80 National Institute of Health
Bethesda, MD 20205
(301) 496-1809

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Everyone

Description: This pamphlet explains the facts of high blood pressure in direct and simple language. Ideal handout for anyone getting a blood pressure measurement. Contains basic facts about high blood pressure and corrects some commonly held misconceptions.

Language: English

Availability:

Cost: No cost.

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Hypertension

Title: Hypertension Targets: Blacks, Elderly

Format: Fact Sheet

Source: Department of Health and Human Services
Public Health Services
Food and Drug Administration
Office of Public Affairs
5600 Fishers Lane
Rockville, MD 20857

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Blacks, Elderly

Description: Facts about the association of hypertension in elderly blacks and probable reasons for higher hypertension prevalence in this population.

Language: English

Availability:

Cost: No charge.

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Hypertension

Title: It's More Fun to be Healthy!

Format: Curriculum Guide Handbook (2)

Source: Northern California Chapter
American Academy of Pediatrics
1125 A Street, Suite 210
San Rafael, CA 94901
(415) 459-4775

Reading Level: Adult

Intended Use By: Classroom Teacher

Intended Use For: 2nd and 5th Grade

Description: This is a cardiovascular health guide designed to give students more than information. Its goals are to involve the family, change attitudes and ultimately affect the behavior of students.

Language: English

Availability:

Cost: No charge.

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Hypertension

Title: La Presion Arterial Alta, Ficcion y Verdad

Format: Leaflet

Source: Nebraska State Department of Health
610 W. 27th Street
Scottsbluff, NE 69361
(308) 635-1512

Reading Level: High School-Adult

Intended Use By: Health Personnel

Intended Use For: Families

Description: This leaflet outlines common misconceptions about high blood pressure and facts to encourage people to seek proper medical attention. There is also an explanation of the significance of the numerals used to describe blood pressure.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Hypertension

Title: Questions About Weight, Salt and High Blood Pressure
NIH #84-1459

Format: Booklet 8 pp.

Source: High Blood Pressure Information Center
120/80 National Institutes of Health
Bethesda, MD 20205
(301) 496-1809

Reading Level: Adult

Intended Use By: Health Care providers

Intended Use For: All individuals

Description: A booklet of answers to such questions as what is high blood pressure, how diet affects high blood pressure, the effects of salt and the consequences of weight and high blood pressure. It gives suggested sources of more information.

Language: English

Availability:

Cost: No cost.

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Hypertension

Title: Report of the Task Force on
Blood Pressure Control in Children Supplement
May 1977, Volume 59, No. 5, Part 2

Format: Booklet 24 pp.

Source: The National High Blood Pressure Education Program
120/80 National Institute of Health
Bethesda, MD 20205
(301) 496-1809

Reading Level: Adult

Intended Use By: Pediatricians, Health Care Providers

Intended Use For: Children

Description: This is the report the task force appointed by the National Heart, Lung, and Blood Pressure Institute because of increasing interest in blood pressure patterns in the pediatric age group. The report addresses methodology and instrumentation for blood pressure measurement, standards, guidelines, evaluations and treatment. It describes the mechanisms and causes of hypertension.

Language: English

Availability:

Cost: No cost.

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Hypertension (Orientation)

Title: Sangre

Format: Pamphlet

Source: Departmento de Instruccion Publica
Division de Educacion de la Comunidad
Puerto Rico 1968
Tercera Edicion

Reading Level: General Public

Intended Use By: Reference Literature

Intended Use For: Secondary level students

Description: This pamphlet orients the public in relations to what is: blood, the circulatory system, types of blood transfusion, bloodbank, and the relation between good nutrition and the physical condition of the person who donates blood.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Hypertension

Title: Shake the Salt Habit

Format: Folder

Source: American Heart Association
Alameda County Chapter
11200 Golf Links Road
Oakland, CA 94605

Reading Level: High School, Adult

Intended Use By: Nutritionists, Health Care Providers

Intended Use For: Families

Description: This folder discusses the relationship of salt to high blood pressure and gives suggestions to help prevent and control high blood pressure. It contains a guide to the sodium content of various foods. It has ideas and tips for cooking with seasoning other than salt.

Language: English

Availability:

Cost:

Maternal and Child Care

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Maternal and Child Care

Title: Algo Maravilloso para Dos

Format: Booklet, Novela

Source: Parent Education Project
Los Angeles County, West Area Child Health Office
Harbor/UCLA Medical Center, Cottage 15
1000 West Carson Street
Torrance, CA 90509

Reading Level: High School

Intended Use By: Health Education/Health Care Providers

Intended Use For: High School Students, Married couples

Description: This "novela" is written in dialogue form. It involves the story of a young couple who are going to have their second baby. This booklet would be very attractive for high school students and young adults who are thinking about having children.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Maternal and Child Care

Title: Baby's Book
A Helpful Manual of General Information

Format: Booklet 21 pp.

Source: Gerber Products Company
Fremont, MI 49412

Reading Level: Adult

Intended Use By: Parents

Intended Use For: Parents

Description: This booklet is designed to give new mothers and fathers some of the basics of prenatal preparation and baby care during the early months after the baby's birth. The contracts are in keeping with modern practice in baby care, based largely upon the recommendations of doctors, nurses and nutritionists. It also includes answers to many questions most frequently asked by mothers.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Maternal and Child Care

Title: Birth Defects
Tragedy and Hope

Format: Booklet 22 pp.

Source: The National Foundation
March of Dimes
Box 2000
White Plains, New York 10602

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Parents

Description: This booklet discusses the causes of birth defects, detection and diagnosis, treatment and prevention. The information is also given in chart form which also gives the annual incidence and prevalence of selected birth defects.

Language: English

Availability: Check Local March of Dimes Office.

Cost: No charge.

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Maternal and Child Care

Title: Breastfeeding

Format: Flip Booklet

Source: WIC
Supplemental Food Section
California Department of Human Services

Reading Level: Adult

Intended Use By: Health Care Providers, Maternal Care Providers

Intended Use For: Mothers

Description: This booklet answers many questions concerning breastfeeding. Topics discussed are: I'm Thinking About Breastfeeding, Before the Baby Comes, How Do I Breastfeed, As Soon as the Baby Comes and I Have Some Questions. Also included is a daily food guide for breastfeeding. All topics discussed and illustrated.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Maternal and Child Care

Title: Confidencial - Para padres de familia y futuras padres de familia

Format: Single page handout

Source: The National Foundation - March of Dimes
Box 2000
White Plains, NY 10602

Reading Level: High School, Adult

Intended Use By: Health Care Providers

Intended Use For: Fathers

Description: This short handout stresses the importance of taking care of mother and child before delivery. Importance is placed on the role the father plays during his wife's pregnancy.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Maternal and Child Care

Title: Confidential - To Fathers and Fathers-To-Be

Format: Single page handout

Source: The National Foundation - March of Dimes
Box 2000
White Plains, NY 10602

Reading Level: High School, Adult

Intended Use By: Health Care Providers

Intended Use For: Fathers

Description: This short handout stresses the importance of taking care of mother and child before delivery. Importance is placed on the role the father plays during his wife's pregnancy.

Language: English

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Maternal and Child Care

Title: Control de la Concepcion

Format: Booklet

Source: Ortho Pharmaceutical Corporation

Reading Level: Adults

Intended Use By: General Public

Intended Use For: General Public

Description: Provides information on different contraceptive methods.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Maternal and Child Health

Title: Cuando su niño tiene fiebre

Format: Folder

Source: McNeil Consumer Products Company
Fort Washington, PA 19034

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Parents

Description: This is a complete guide to taking an accurate temperature for babies and school-age children. Pictures are included.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Maternal Care

Title: Diary and Pledgebook
No. PC 103

Format: Booklet 27 pp.

Source: McNeil Consumer Products Co.
Ft. Washington, PA 19034

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Mothers-to-be

Description: This booklet is a nine month diary giving illustrated weekly progress of the baby's development. With each 4 week segment is a diary to record weight; what prescriptions or over-the-counter medicines currently used and pledge to give up; what discomforts (if any) were experienced and what I've done to feel better.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Maternal Care

Title: Diet During Lactation

Format: Single Folded Sheet

Source: Clinica Adelante, Inc.
P.O. Box 760
El Mirage, AZ 85335

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Nursing Mothers

Description: The food you eat plays a big role during breast feeding. A high quality diet helps produce breast milk that is an excellent and natural source of nutrients for growth and development. A poor diet may deplete your body stores and decrease the volume of milk. The guideline on the inside of the sheet will help you select foods that provide the nutrients you need.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Maternal and Child Care

Title: El libro del bebi
Util manual de informacion general

Format: Booklet 21 pp.

Source: Gerber Products Company
Fremont, MI 49412

Reading Level: Adult

Intended Use By: Parents

Intended Use For: Parents

Description: This booklet is designed to give new mothers and fathers some of the basics of prenatal preparation and baby care during the early months after the baby's birth. The contracts are in keeping with modern practice in baby care, based largely upon the recommendations of doctors, nurses and nutritionists. It also includes answers to many questions most frequently asked by mothers.

Language: Spanish

Availability:

Cost:

Date: August 1984

HAPPIER Health Resource Guide

Major Health Category: Maternal and Child Care

Title: ¿Estoy Embarazada?

Format: Single page

Source: COSSMHO
1030 15th Street, NW
Suite 1053
Washington, DC 2005

Reading Level: High School, Adult

Intended Use By: Health Care Providers

Intended Use For: Teenagers, Adults

Description: This handout was prepared for use by health clinics, however, it would be useful for any health care agency. Symptoms of pregnancy are listed along with an explanation of the various tests and examinations used to determine pregnancy.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Maternal and Child Health

Title: Examenes Físicos En La Escuela

Format: Single page hand-out which can be folded into an envelope.

Source: Intercultural Development Research Association
1979

Reading Level: Sixth Grade

Intended Use By: Health Care Providers, Educators (for clinic use)

Intended Use For: Parents

Description: This hand-out informs the parents that a physical exam of the eyes, ears, blood, and general body will be given at a clinic.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Maternal Care

Title: Expectant Mother's Guide

Format: Booklet 17 pp.

Source: Gerber Products Company
Freemont, MI 49412

Reading Level: Adult

Intended Use By: Parents

Intended Use For: Parents

Description: This booklet gives suggestions to help assure a safe pregnancy and a healthy baby. Subjects discussed are diet, early pregnancy, prenatal growth and baby's birth and baby's early diet.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Maternal and Child Care

Title: Family Planning Methods of Contraception
DHEW No. (HSA) 80-5646

Format: Folder

Source: U. S. Department of Health, Education and Welfare
Health Services Administration
Bureau of Community Health Services
5600 Fishers Lane
Rockville, MD 20857

Reading Level: Adult

Intended Use By: Medical Care Providers, Family Planning Clinics

Intended Use For: All Sexually Active Persons

Description: This pamphlet was written to help you decide which is the best method of family planning for you. All methods of birth control are voluntary and the decision to use any method will be yours as will be the choice between a number of modern means of birth control. This pamphlet will tell you. The methods that require a prescription and those that don't. The chart inside will also tell you how the methods work, the good things about them and some of the things that may not be so good.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Maternal Care, Nutrition

Title: Food for the Teenager
During and After Pregnancy

Format: Booklet 32 pp.

Source: U. S. Department of Health and Human Services
Public Health Service
Health Resources and Services
Bureau of Health Care Delivery and Assistance
Division of Maternal and Child Health
Rockville, MD 20854

Reading Level: Senior High to Adult

Intended Use By: Nutritionists, Teachers, Health Care Providers

Intended Use For: Pregnant Teenagers

Description: If you are a teenager who is going to have a baby, this booklet is written just for you. It discusses the kinds and amounts of foods you need so you can have a healthy pregnancy and a healthy baby. Prenatal care combined with good nutrition, rest and exercise will help you look good and feel good throughout your pregnancy. When you receive prenatal care, your baby is more likely to have a good start in life.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Maternal and Child Care

Title: From Pregnancy to Parenthood
Some Common Concerns of New Parents

Format: Booklet 28 pp.

Source: Ross Laboratories
Columbus, OH 43216

Reading Level: Adult

Intended Use By: Medical Care Providers

Intended Use For: Parents

Description: The information in this booklet is to help you better understand some matters that may concern you during pregnancy and after your baby is born. It discusses pre-natal care, diet and activity, your baby's birth and post-natal care for both mother and baby.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Maternal Care, Disease Control

Title: Genetic Counseling

Format: Booklet 22 pp.

Source: March of Dimes
Birth Defects Foundations
1275 Mamaroneck Avenue
White Plains, PA 10605
(814) 428-4255

Reading Level: Adult

Intended Use By: Health Care Providers, Clinics

Intended Use For: Parents

Description: This booklet gives you the facts about genetics counseling, its accomplishments to date and potential for the future.

Language: English

Availability: Contact local March of Dimes Chapter

Cost: No charge.

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Maternal Care

Title: Getting Back in Shape
While Breast Feeding

Format: Single Folded Sheet

Source: Clinica Adelante, Inc.
P.O. Box 760
El Mirage, AZ 85335

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Mothers

Description: For those mothers who decide to breast feed it tells what foods and how much you should eat. It tells how long it may take to return to your pre-pregnancy weight and shape. The guideline outlines what foods and amounts you should eat to provide enough nutrients for you and your baby. Each food group has hints for lower calorie foods. A meal plan is included with the minimum calories you need for breast feeding.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Maternal Care

Title: Guide for Expectant Parents
Sixth Annual Program

Format: Booklet 36 pp.

Source: EDN Corporation
The Educational Development Network
Office Complex, Benson-East
Jenkintown, PA 19046

Reading Level: Adult

Intended Use By: Health Care Providers, Parents

Intended Use For: Parents

Description: This is a complete guide for expectant parents. It explains things you should know about your pregnancy, caring for mother during pregnancy, the birth of your baby, your stay in the hospital, caring for your baby, after your baby's birth and your baby's development.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Maternal and Child Health

Title: Health

Format: Single page hand-out which can be folded into an envelope.

Source: Intercultural Development Research Association

Reading Level: Sixth Grade

Intended Use By: Health Care Providers, Educators, Clinics

Intended Use For: Parents

Description: This hand-out helps parents identify changes in a child's behavior, body or attitude so a clinic may be better able to identify health problems.

Language: English

Availability:

Cost:

Date: August 1984

HAPPIER Health Resource Guide

Major Health Category: Maternal and Child Care

Title: Impedimentos De Salud

Format: Folder

Source: Southwest Educational Development Laboratory
Texas Department of Human Resources
Austin, Texas

Reading Level: Adult

Intended Use By: Health Care Records, Pre-School Personnel

Intended Use For: Pre-School, Elementary School Personnel

Description: This folder discusses the treatment of children who suffer from chronic diseases, questions to be asked his or her doctor and how to work with parents. It stresses the importance of treating the chronically ill child as any other normal child while paying close attention to warning signals of acute illness.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Maternal and Child Care

Title: Impedimentos Visuales

Format: Folder

Source: Southwest Educational Development Laboratory
Texas Department of Human Resources
Austin, Texas

Reading Level: Adult

Intended Use By: Health Care Providers, Educators

Intended Use For: Health Care Providers, Educators

Description: This folder discusses how to observe children to determine visual impairments, questions to be asked the specialist, teaching the child with visual problems, special equipment required, and specific services provided for the visually impaired child.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Maternal and Child Care

Title: La Salud

Format: Single page hand-out which can be folded into an envelope.

Source: Intercultural Development Research Association

Reading Level: Sixth Grade

Intended Use By: Health Care Providers, Educators, Clinics

Intended Use For: Parents

Description: This hand-out helps parents identify changes in a child's behavior, body or attitude so a clinic may be better able to identify health problems.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Maternal and Child Care

Title: Metodos Anticonception En La Planficcion Familiar
DHEW No. (HSA) 80-5606

Format: Folder

Source: U. S. Department of Health, Education and Welfare
Health Services Administration
Bureau of Community Health Services
5600 Fishers Lane
Rockville, MD 20857

Reading Level: Adult

Intended Use By: Medical Care Providers, Family Planning Clinics

Intended Use For: All Sexually Active Persons

Description: This pamphlet was written to help you decide which is the best method of family planning for you. All methods of birth control are voluntary and the decision to use any method will be yours as will be the choice between a number of modern means of birth control. This pamphlet will tell you. The methods that require a prescription and those that don't. The chart inside will also tell you how the methods work, the good things about them and some of the things that may not be so good.

Language: Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Maternal Care

Title: Natural Remedies for
Pregnancy Discomforts

Format: Booklet 28 pp.

Source: State of California
Department of Consumer Affairs
1020 N. Street
Sacramento, CA 95814

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Pregnant Women

Description: The pamphlet was printed for the useful information it provides to pregnant women. Natural Remedies for Pregnant Discomforts was selected from among a number of publications submitted to the Department because it provides information which promotes healthy and comfortable pregnancies and may prevent women from unknowingly endangering the health of their unborn children.

Language: English

Availability:

Cost: Booklet is free by sending a stamped, self-addressed, legal size envelope to: Pregnancy Booklet, Department of Consumer Affairs, P.O. Box 310, Sacramento, CA 95802

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Maternal and Child Care

Title: Por Mi Salud y la de Mi Familia Planifica Mi Llegada

Format: Pamphlet

Source: Programa de Planificacion Familiar
Universidad de Puerto Rico
Recinto de Ciencias Medicas
Escuela Graduada de Salud Publica, PR

Reading Level:

Intended Use By: General public

Intended Use For:

Description: Provides information on what family planning is and the services provided by the Family Planning Program.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Maternal and Child Care

Title: Preventing Birth Defects Caused By Rubella

Format: Folder

Source: National Foundation
March of Dimes
Box 2000
White Plains, New York 10602

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Parents

Description: This folder explains what Rubella is, its danger to the unborn and the need for vaccination. About 50,000 American children died before birth or were born with defects because their mothers contracted rubella while pregnant during the 1964-65 epidemic. The vaccine, which was licensed in 1969, ultimately can eliminate rubella.

Language: English

Availability: Check Local March of Dimes Office

Cost: No charge.

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Maternal and Child Care

Title: Problemas Del Lenguaje

Format: Folder

Source: Southwest Educational Development Laboratory
Texas Department of Human Resources
Austin, Texas

Reading Level: Adult

Intended Use By: Health Care Providers, Educators

Intended Use For:

Description: This folder provides a description of types of speech problems, identifying children with speech problems, referring children to specialists and teaching children with speech problems.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Maternal and Child Care

Title: Questions and Answers on Birth Defects

Format: Folder

Source: The National Foundation
March of Dimes
Box 2000
White Plains, New York 10602

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Parents

Description: This folder explains what is a birth defect, causes for birth defects, what can be done to prevent them, what effect prenatal care has on the health of the baby, what a high-risk pregnancy is, it is possible to learn in advance is a woman is carrying a baby without birth defect and what's new in research into birth defects.

Language: English

Availability: Check Local March of Dimes Office

Cost: No charge.

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Maternal Care

Title: Recipe for Healthy Babies

Format: Folder

Source: March of Dimes
Birth Defects Foundation
1275 Mamarmeck Avenue
White Plains, NY 10605

Reading Level: Adult

Intended Use By: Health Care Providers, Nutritionists

Intended Use For: Expectant Mothers

Description: This is a very colorful folder with illustrations of good nutrition suggestions. It gives a day's sample menu and other helpful hints.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Maternal Care Disease Control

Title: Self Examination of the Female Breast

Format: Booklet

Source: The Cancer Bulletin
1603 Oakdale Street
Houston 4, Texas

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Women

Description: This booklet gives step by step illustration of a self-examination for breast cancer. Cancer of the breast is the most common type of cancer in women. It comprises more than 25 per cent of all cancer in women, and approximately three in five of its victims die of the disease. Self-examination is the woman's first line of defense.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Maternal and Child Care

Title: So You've Decided to Breast Feed Your Baby

Format: Booklet 13 pp.

Source: Gerber Products Company
Freemont, MI 49412

Reading Level: Adult

Intended Use By: Parents

Intended Use For: Mothers

Description: This booklet describes some advantages and techniques of breast feeding. It gives suggestions on diet, mother's care and family involvement.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Maternal and Child Care

Title: Su Bebe, Como Se Desarrolla?

Format: Single page

Source: COSSMHO
1030 15th Street, NW
Suite 1053
Washington, DC 20005

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Parents, Teenagers

Description: A complete description of how a baby develops en utero, from the second week to the ninth month, is offered in this handout.

Language: Spanish

Availability:

Cost:

Date: August 1984

HAPPIER Health Resource Guide

Major Health Category: Maternal and Child Care

Title: ¿Tienes Una Amiga Que Piensa Que Esta Embarazada?

Format: Folder

Source: Department of Health
City of Chicago

Reading Level: Junior, Senior High School

Intended Use By: Health Care Providers

Intended Use For: Teenage girls

Description: Although this booklet was written primarily for girls in the Chicago area, it could provide an excellent guide for health care providers and teenage girls when discussing pregnancy. A list of symptoms of pregnancy is provided.

Language: Spanish

Availability:

Cost:

Mental Health

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Mental Health, Human Growth and Development

Title: Aclarando nuestra imagen propia

Format: Pamphlet

Source: Health School Program, Puerto Rico Department of Education

Reading Level: Elementary school

Intended Use By: Teachers and parents

Intended Use For: Teaching in elementary health courses

Description: Importance of self esteem in the development of personality.

Language: Spanish

Availability:

Cost:

Date: September, 1984

MAPPLER Health Resource Guide

Major Health Category: Mental Health

Title: Aprendiendo a fortalecer nuestra personalidad

Format: Pamphlet

Source: School Health Program
Department of Education
Hato Rey, PR

Reading Level: Elementary school

Intended Use By: Teachers and students

Intended Use For: Teaching in elementary health classes

Description: Development of good mental health.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Mental Health

Title: "Charla Franca"
acerca de ninos con dificultades de aprendizaje

Format: Folder

Source: Instituto Nacional De Salud Mental

Reading Level: High School

Intended Use By: Health Educators, Educators

Intended Use For: Parents, Teachers

Description: This folder offers questions and answers along with a description of children with learning difficultes.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Mental Health

Title: "Charla Franca"
Como tratar al nino enojado

Format: Folder

Source: National Institute of Mental Health
Division of Scientific and Public Information

Reading Level: High School, Adult

Intended Use By: Health Educators, Teachers

Intended Use For: Parents

Description: This is a complete discussion of what future parents could consider before having children. The topics included are balancing family and marital life, work and responsibilities.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Mental Health

Title: "Charla Franca"
Sobre La Crianza De Sus Hijos

Format: Newsletter/Folder

Source: National Institute of Mental Health

Reading Level: High School, Adult

Intended Use By: Health Educators, Teachers

Intended Use For: Parents

Description: This is a complete discussion of what future parents could consider before having children. The topics included are balancing family and marital life, work and responsibilities.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Mental Health

Title: "Charla Franca"
Sobre La Tension

Format: Newsletter/Folder

Source: National Institute of Mental Health
Division of Scientific and Public Information

Reading Level: High School, Adult

Intended Use By: Health Educators, Teachers

Intended Use For: Teenagers, Adults

Description: This is a complete discussion of tension, anxiety, its causes and how to alleviate it.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Mental Health

Title: Como comprender la Ansiedad

Format: Booklet

Source: Parke-Davis
Division of Warner-Lambert Co.
Morris Plains, NY 07950

Reading Level: High School

Intended Use By: Health Educators, Counselors, Psychologists

Intended Use For: Adults

Description: This booklet describes the symptoms associated with anxiety as well as information on controlling feelings of anxiety.

Language: Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Mental Health

Title: Como nos desarrollamos emocional y socialmente

Format: Pamphlet

Source: School Health Program
Department of Education
Hato Rey, PR

Reading Level: Intermediate school students

Intended Use By: Health teachers

Intended Use For: Intermediate school students

Description: The emotional and social health development in the young adolescent.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Mental Health

Title: Curriculum on Aging

Format: 8 booklets and activity cards

Source: Superintendent of Schools
Department of Education
San Diego County Schools
6401 Linda Vista Road
San Diego, CA 92111-7399
(619) 292-3534

Reading Level: K-6

Intended Use By: Teachers

Intended Use For: Students

Description: An interdisciplinary and intergenerational program designed to challenge the prejudices and stereotypes about the aging process and the elderly, and to encourage in children a more positive approach to their own aging and disease prevention.

Language: English

Availability: No problem - new curriculum.

Cost: $69.00

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Mental Health

Title: Deficiencies Mental...c Que' es eso?

Format: Booklet, 5½ X 8½, 8 pp.

Source: Texas Department of Mental Health and
Mental Retardation
Box 12668, Capitol Station
Austin, TX 78711

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Families

Description: By means of a narrative between mothers of retarded children and a psychologist, mental retardation is defined, its causes and how to deal with retarded children are discussed.

Language: Spanish/English

Availability:

Cost: Single copies - free
Cost per copy - $.25
Minimum order - $1.00

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Mental Health

Title: El Completo Sistema de Ayuda para
el Enfermo Mental

Format: Flier

Source: Texas Department of Mental Health and
Mental Retardation
Box 12668, Capitol Station
Austin, TX 78711

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Families

Description: This is a description of the services available in Texas for mentally ill.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Mental Health

Title: El Matrimonio

Format: Folder

Source: California Department of Mental Health

Reading Level: Sixth Grade

Intended Use By: Health Educators

Intended Use For: Teenagers, Adults

Description: This booklet discusses the aspects involved in a successful marriage.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Mental Health

Title: Exquizofrenia
Existe Una Respuesta?

Format: Booklet

Source: National Institute of Mental Health
U.S. Department of Health, Education and Welfare
Public Health Service
Alcohol, Drug Abuse, and Mental Health Administration

Reading Level: High School

Intended Use By: Helth Educators, Counselors, Psychologists

Intended Use For: Adults

Description: This booklet describes and discusses schizophrenia and its treatment

Language: Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Mental Health

Title: Facts About Group Therapy

Format: Booklet, 3 X 8½, 12 pp.

Source: Texas Department of Mental Health and
Mental Retardation
Box 12668, Capitol Station
Austin, TX 78711

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Families

Description: Group therapy is defined. The composition, leadership and purpose of the group is discussed.

Language: Spanish/English

Availability:

Cost: Single copies - free
Cost per copy - $.15
Minimum order - $1.00

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Mental Health

Title: Familias Con Solo Uno de Los Padres

Format: Booklet

Source: U.S. Department of Health Education and Welfare
Office of Human Development
Office of Child Development
Children's Bureau

Reading Level: Adult

Intended Use By: Health Care Providers, Counselors

Intended Use For: Parents (single)

Description: This is a guide to coping with the problems of being a single parent. It includes case histories and suggestions on how to find help.

Language: Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Mental Health

Title: How is Your Mental Health?

Format: Flier - 1 pp.

Source: Texas Department of Mental Health and
Mental Retardation
P.O. Box 12668, Capital Station
Austin, TX 78711

Reading Level: High School

Intended Use By: Health Care Providers

Intended Use For: Families

Description: This method defines Mental Health in everyday language.

Language: Spanish/English

Availability:

Cost: Single copies - free
Cost per copy - $.10
Minimum order - $1.00

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Mental Health

Title: How to Handle Pressure

Format: Flier

Source: Texas Department of Mental Health and
Mental Retardation
Box 12668, Capitol Station
Austin, TX 78711

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Families

Description: The content of this pamphlet is a brief outline of ten ways to cope with pressure.

Language: Spanish/English

Availability:

Cost: Single copies - free
Cost per copy - $.10
Minimum order - $1.00

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Mental Health

Title: I Am Not a Short Adult

Format: Student Book

Source: Little, Brown and Company
The Yolla Bolly Press
Covelo, CA

Reading Level: 4th and 5th Grades

Intended Use By: Classroom Teachers

Intended Use For: Students

Description: Student Book
Interesting, motivating chapters, fun activities.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Mental Health

Title: La Familia

Format: Folder

Source: California Department of Mental Health

Reading Level: Sixth Grade

Intended Use By: Health Educators

Intended Use For: Teenagers, Parents

Description: This booklet offers a discussion of the dynamics of family life.

Language: Spanish

Availability:

Cost:

Date: August 1984

HAPPIER Health Resource Guide

Major Health Category: Mental Health

Title: La Guía Para Padres

Format: Booklet

Source: New York State Department of Social Services

Reading Level: Adult

Intended Use By: Health Care Providers, Educators

Intended Use For: Parents

Description: An amusing and colorful book on how to cope with the challenges of raising a child.

Language: Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Mental Health

Title: Learning About Depressive Illness

Format: Booklet, 3 X 8½, 15 pp.

Source: Texas Department of Mental Health and
Mental Retardation
Box 12668, Capitol Station
Austin, TX 78711

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Families

Description: The booklet discusses depressive illness, its signs, types, courses, hereditary and biochemical factors, the danger of suicide, treatment and therapy.

Language: Spanish/English

Availability:

Cost: Single copies - free
Cost per copy - $.20
Minimum order - $1.00

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Mental Health

Title: Mental Health of Children

Format: Booklet, 3½ X 8½, 12 pp.

Source: Texas Department of Mental Health and
Mental Retardation
P.O. Box 12668, Capitol Station
Austin, TX 78711

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Families

Description: Among the topics included are the influence of heredity versus environment, the difference between an emotionally disturbed child and one who needs more firm discipline, symptoms of mental illness in children, causes of over-agressive behavior and how a parent can deal with it.

Language: Spanish and English

Availability:

Cost: Single copies - free
Cost per copy - $.15
Minimum order - $1.00

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Mental Health

Title: Our Senior Citizens

Format: Folder

Source: California Department of Mental Health

Reading Level: Sixth Grade

Intended Use By: Health Educators

Intended Use For: Teenagers, Parents

Description: This folder discusses the senior citizen population and how older people contribute to our society.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Mental Health

Title: "Plain Talk"
About Dealing With the Angry Child

Format: Folder

Source: National Institute of Mental Health
Division of Scientific and Public Information

Reading Level: High School, Adult

Intended Use By: Health Educators, Teachers

Intended Use For: Parents

Description: This folder offers a reference on how a parent should cope with a child who is angry and upset.

Language: English

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Maternal and Child Care

Title: Por mi salud y la de mi familia, planifica mi llegada

Format: Leaflet

Source: Universidad de Puerto Rico, Recinto de Ciencias Medicas
Escuela Graduada de Salud Publica

Reading Level: High school students

Intended Use By:

Intended Use For:

Description: A leaflet to orientate students on family planning.

Language: Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Mental Health

Title: Realidades Acerca de la Deficiencia Mental

Format: Booklet, 3 X 8½, 7 pp.

Source: Texas Department of Mental Health and
Mental Retardation
Box 12668, Capitol Station
Austin, TX 78711

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Families

Description: This booklet defines mental retardation, its degrees, causes, services in Texas, and prevention.

Language: Spanish/English

Availability:

Cost: Single copies - free
Cost per copy - $.15
Minimum order - $1.00

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Mental Health or Human Growth and Development

Title: Realidades sobre: La Adolescencia (Facts About Adolescence)

Format: Booklet, 3 X 8½, 18 pp.

Source: Texas Department of Mental Health and
Mental Retardation
Box 12668, Capitol Station
Austin, TX 78711

Reading Level: High School - Adult

Intended Use By: Health Care Providers, Counselors and Teachers

Intended Use For: Families and Adolescents

Description: Topics discussed in question and answer format are: changes which occur during adolescence, needs, duties, problems, drugs, sex, religion and parent role regarding teenagers.

Language: Spanish/English

Availability:

Cost: Single copies - free
Cost per copy - $.20
Minimum order - $1.00

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Mental Health

Title: Sugerencias para articular conceptos e ideas de educacion en el curriculo de espanol en primer grado

Format: Booklet

Source: School Health Program
Department of Education
Hato Rey, PR

Reading Level: First grade

Intended Use By: Teachers

Intended Use For: Teachers

Description: The guide for the integration of health with the Spanish reading curriculum in first grade.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Mental Health

Title: Suicide in Youth and What You Can Do About It (A Guide for School Personnel)

Format: Brochure

Source: Suicide Prevention and Crisis Center
San Mateo County
1811 Trousdale Drive
Burlingame, CA 94010

Reading Level: High School, Adult

Intended Use By: School Personnel

Intended Use For: Students

Description: This booklet explains the stage of adolescence and why suicidal feelings occur, the danger signs, the confidentiality and how to get help.

Language: English

Availability: Current

Cost:	One copy	$.50
	and shipping	.25

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Mental Health

Title: Tension

Format: Folder

Source: California Department of Mental Health

Reading Level: Sixth Grade

Intended Use By: Health Educators

Intended Use For: Adults

Description: This folder describes the feeling of tension and anxiety and how we can control these feelings in our own lives.

Language: English

Availability:

Cost:

Date: August 1984

HAPPIER Health Resource Guide

Major Health Category: Mental Health

Title: Tools For Staying Well...

Format: Booklet

Source: California Department of Mental Health

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Parents, Children, Health Educators

Description: A catalogue of written and media material which may be ordered by using the forms in this booklet.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Mental Health

Title: una guia del consumidor para los servicios de salud mental

Format: Booklet

Source: National Institute of Mental Health
Department of Health, Education, and Welfare

Reading Level: Sixth Grade

Intended Use By: Health Educators, Counselors, Psychologists

Intended Use For: Adults

Description: This booklet offers information about various mental health agencies and services.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Mental Health

Title: What Everyone Should Know
About Child Abuse

Format: Booklet 15 pp.

Source: Division of Family and Children Services
47 Trinity Avenue, S.W.
Atlanta, GA 30334

Reading Level: Senior High, Adult

Intended Use By: Teachers, Counselors

Intended Use For: All grade levels.

Description: A scriptographic booklet explaining child abuse as the repeated mistreatment or neglect of a child by parent(s) or other guardian resulting in injury or harm. Topics covered include security of abuse, reasons for abuse, why get involved, common signs of abuse and help for troubled families.

Language: English

Availability:

Cost:

Nutrition

Date: August 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Alimentos Para Niños Menores De 6 Anos

Format: Pamphlet

Source: National Dairy Council, Inc.
E. North Michigan
Chicago, IL 60602

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Parents

Description: This is a very complete booklet about food for children below the age of six. The booklet covers the four basic food groups, portions, utensils for young children, and pre-meal hygiene.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Alimentos Para Ninos 1-5

Format: Folder

Source: Department of Health and Rehabilitative Services
WIC Program

Reading Level: Sixth grade

Intended Use By: Health Care Products, Nutritionists

Intended Use For: Parents

Description: This folder explains when a child should start using a cup, what kinds of foods he/she need to eat and how to create a good atmosphere at mealtime. It also offers a suggestion for portion sizes.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Alimentos Para Usted y Su Bebe Antes De Nacer

Format: Folder/Poster

Source: Department of Health Services
WIC Supplemental Foods
California

Reading Level: Adult

Intended Use By: Health Care Providers, Nutritionists

Intended Use For: Pregnant Women

Description: This is an excellent folder which can also be used for a small poster. It answers questions such as how much weight should a pregnant woman gain, what types of foods a pregnant woman should eat (and what quantity), and which habits they should avoid (smoking, etc.). The back of the folder shows pictures of the four food groups with an explanation of how many portions of each a pregnant woman should eat.

Language: Spanish

Availability:

Cost:

Date: August 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Anime Su Bebe Con Alimentos Ricos En Hierro

Format: Folder

Source: Texas Department of Health
WIC Program

Reading Level: High School

Intended Use By: Health Care Providers, Nutritionists

Intended Use For: Parents

Description: This folder emphasizes the importance of iron in a baby's diet. A list of foods rich in iron is provided.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition, Disease Control, Fitness

Title: Are You Really Serious About Losing Weight?

Format: Booklet 84 pp.

Source: Rennwalt Corporation
Rx Division
P.O. Box 1766
Rochester, NY 14603
(716) 475-9000

Reading Level: Adult

Intended Use By: Nutritionist, Health Care Providers, Teachers, Parents

Intended Use For: Families

Description: This 15th edition has been revised to reflect the growth of nutritional information and changes in eating patterns. It has also been expanded to include the effect of overweight on chronic diseases and special diets for hyptertensive, cardiac, and diabetic patients.

Language: English

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Buena alimentacion

Format: Booklet

Source: Puerto Rico Health Department
Call Box 71423
San Juan, PR 00936

Reading Level: Intermediate School Level

Intended Use By:

Intended Use For: General Public

Description: Describes the relationship between nutrition and health and the various food groups.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Buenas Comidas pura Comer

Format: Coloring Book - 4 pages

Source: Nebraska State Health Department
Migrant Health Project
610 West 27th Street
Scottsbluff, NE 69361

Reading Level: Primary Grades

Intended Use By: Teachers - Primary Grades

Intended Use For: Students Grade 2-4

Description: The large illustrations picture the four basic food groups and give examples of foods in each group.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Building A Better Diet

Format: Pamphlet 14 pp.

Source: U. S. Department of Agriculture
Food and Nutrition Service

Reading Level: Adult

Intended Use By: Nutritionists, Families

Intended Use For: Heads of Households

Description: This pamphlet tells you how to use your food stamps to buy and eat good health foods.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Building Better Blood

Format: Folder

Source: Arizona Department of Health Services
Bureau of Nutrition Services

Reading Level: Junior High to Adult

Intended Use By: Nutritionists, Teachers

Intended Use For: Families

Description: This folder defines blood, hemoglobin and iron. It lists some signs of iron deficiency anemia and when it is most likely to occur. It lists those foods high iron as the most important to maintain healthy blood.

Language: English

Availability:

Cost:

Date: August 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Cocinanda Con Su Hijo

Format: Poster

Source: Intercultural Development Research Association 1979

Reading Level: High School

Intended Use By: Health Care Providers, Nutritionists, Parents, Clinics, Day Care Centers

Intended Use For: Parents

Description: This poster can be folded into envelope form to send to parents. It offers a list of concepts such as hot/cold, small/large, sweet/sour which parents can teach their children while cooking with them.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Comida Para Bebes Preparada En Casa

Format: Booklet

Source: Department of Health Services
1700 Pacific Highway
San Diego, CA 92101

Reading Level: Adult

Intended Use By: Health Care Providers, Nutritionists

Intended Use For: Parents

Description: This is an excellent guide of how to prepare homemade baby food. The book gives good instructions on how to prepare and store vegetables, fruits, meat, and eggs.

Language: Spanish

Availability:

Cost:

Date: August 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Conozca los Enriquecedores de la Sangre

Format: Folder

Source: Illinois Department of Public Health
Division of Health Promotion Screening

Reading Level: Sixth grade

Intended Use By: Health Care Providers, Nutritionists

Intended Use For: Adults

Description: This folder explains the importance of iron in building strong blood and in the prevention of anemia. A list of foods rich in iron is presented.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Construyendo Mejor Sangre

Format: Folder

Source: Arizona Department of Health Services
Bureau of Nutrition Services

Reading Level: Junior High to Adult

Intended Use By: Nutritionists, Teachers

Intended Use For: Families

Description: This folder defines blood, hemoglobin and iron. It lists some signs of iron deficiency anemia and when it is most likely to occur. It lists those foods high iron as the most important to maintain healthy blood.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Consumer Education Resource Network

Format: Letter

Source: Consumer Education Resource Network
1555 Wilson Boulevard
Suite 600
Rosslyn, VA 22209-2461
703/522-4616

Reading Level: Adult

Intended Use By: Consumer Educators

Intended Use For: Consumer Educators

Description: This letter describes the services offered by the Consumer Education Resource Network. A list of nutrition resource organizations is provided.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: De Fuerza a su Sangre

Format: Leaflet

Source: Nebraska State Health Department
Migrant Health Project
610 West 27th Street
Scottsbluff, NE 69361

Reading Level: High School - Adult

Intended Use By: Health personnel

Intended Use For: Families

Description: This leaflet recommends foods which will fortify the blood.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: El Libro Colarnte de las
Buenas Comida

Format: Coloring Book - 30 pp.

Source: Consumer Marketing Service of the U. S.
Department of Agriculture reprinted by
Cooperative Extension Service of the
Ohio State University

Reading Level: Primary - Intermediate Grades

Intended Use By: Teachers

Intended Use For: Students: Primary to Intermediate Grades

Description: This booklet illustrates the four basic food groups and shows examples of each group.

Language: Spanish

Availability: Ohio State University Cooperative
Extension Service
Ohio State University, Publications Office
Agricultural Administration Building
2120 Fyffe Road
Columbus, OH 43210

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: El Buen Comer Significa Buena Salud

Format: Folder

Source: Carnation Company
Los Angeles, CA 90036

Reading Level: Junior High to Adult

Intended Use By: Nutritionists, Teachers

Intended Use For: Families

Description: This folder describes the basic four families of food. It lists everyday requirements and gives a daily menu guide. It lists those foods to eat if interested in gaining weight and those to avoid when not wishing to gain weight.

Language: Spanish

Availability:

Cost:

Date: August 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Entre Comidas

Format: Poster

Source: Intercultural Development Research Association 1979

Reading Level: High School

Intended Use By: Health Care Providers, Nutritionists, Parents, Clinics, Day Care Centers

Intended Use For: Parents with children enrolled in a food program

Description: This poster can be folded into envelop form to send to parents. It offers parents a list of alternative snacks which are healthier and have less sugar than cake, candy, and soda.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Es la Vitamina C para Usted de Mi

Format: Folder

Source: Texas Department of Health
WIC Program

Reading Level: Sixth grade

Intended Use By: Health Care Providers, Nutritionists

Intended Use For:

Description: This folder describes the importance of vitamin C to good health. A list of foods high in vitamin C along with cooking tips is provided.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Fast Food
Junk? Gems? or Just OK?

Format: Folder - 8 fold

Source: National Dairy Council
Rosemont, IL 60018

Reading Level: Junior High, Adult

Intended Use By: Nutritionists, Teachers

Intended Use For: Families

Description: This folder takes a look at three typical fast food meals. The pros and cons of each meal are pointed out. There are also suggestions for improving the nutritional value of each meal. The folder gives the fast food and the basic four food groups telling what basic food groups are represented by typical fast food.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Fat Babies

Format: Folder

Source: Nutrition Services
3424 North Central Suite 300
Phoenix, AZ 85012

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Parents

Description: Fat babies often become fat adults. This folder gives suggestions on baby feeding to avoid excessive fat.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition for Babies

Title: Feeding Baby

Format: Booklet 34 pp.

Source: Gerber Products Company
Freemont, MI 49412

Reading Level: Adult

Intended Use By: Health Care Providers, Parents

Intended Use For: Babies

Description: This booklet explains a six-step feeding plan for baby
A - Mothers milk or formula.
B - Mothers milk or formula plus small amounts of infant cereal.
C - Mothers milk or formula, cereal plus strained single ingredient food - vegetables, fruits and meat.
D - Mother milk or formula, cereal plus strained combination foods with two or more ingredients.
E - Mother milk or formula, cereal plus textured junior foods.
F - Pasteurized cow milk to gradually replace mothers milk or formula in the infants diet, cereal. Include other foods as the child is ready for more mature flavors and chunky textures.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition, Disease Control

Title: 1983 Food Exchange List for
McDonald's Restaurants

Format: Small wallet size folder

Source: McDonald's Corporation
Communications Department
Oak Brook, IL 60521

Reading Level: 5th Grade

Intended Use By: Nutritionists, Teachers, Parents

Intended Use For: Families

Description: This information for foods served at McDonald's is provided to assist consumers following diabetic or weight control diets. It lists exchange units and calories of foods served. It is wallet size so it can easily be carried in purse or wallet.

Language: English

Availability:

Cost:

Date: August 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Fortaleciendo Su Sangre

Format: Folder

Source: WIC Program, Florida
Department of Agriculture

Reading Level: High School, Adult

Intended Use By: Health Care Providers, Nutritionists

Intended Use For: Teenagers, Adults

Description: This folder describes the importance of iron, vitamin C, and folic acid for healthy blood. A list of food rich in iron and vitamin C is provided.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Good Eating Means Good Health

Format: Folder

Source: Carnation Company
Los Angeles, CA 90036

Reading Level: Junior High to Adult

Intended Use By: Nutritionists, Teachers

Intended Use For: Families

Description: This folder describes the basic four families of food. It lists everyday requirements and gives a daily menu guide. It lists those foods to eat if interested in gaining weight and those to avoid when not wishing to gain weight.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: "Good for Me"

Format: Student Book

Source: Little, Brown and Company
The Yolla Bolly Press
Covelo, CA

Reading Level: 4th and 5th Grades

Intended Use By: Classroom Teachers

Intended Use For: 4th and 5th Grade Students

Description: Student Book
Interesting, motivating chapters, fun activities.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Gua Para Comer Bien
Un Modelo Diario Recomendado

Format: Single 6" X 11" Sheet

Source: National Dairy Council
Rosemont, IL 60018

Reading Level: Junior High

Intended Use By: Nutritionists, Teachers, Parents

Intended Use For: Families

Description: One side explains nutrients for health and gives recommended number of servings of different groups of people. The other side illustrates the different food groups.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Guide to Good Eating
A Recommended Daily Pattern
No. 0164

Format: Single 6" X 11" Sheet

Source: National Dairy Council
Rosemont, IL 60018

Reading Level: Junior High

Intended Use By: Nutritionists, Teachers, Parents

Intended Use For: Families

Description: One side explains nutrients for health and gives recommended number of servings for different groups of people. The other side illustrates the different food groups.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Help Yourself to Health

Format: Folder

Source: Healthwise, Inc.
P.O. Box 1989
Boise, ID 83701
208/345-1161

Reading Level: Adult

Intended Use By: Nutritionists, Health Educators

Intended Use For: Parents, teachers, health care providers

Description: This is a brochure about the services offered by Healthwise, Inc. (workshops, self assessment guides, slices/tape show, instructors guides, etc.)

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Hispanic Foods - Guide for Teachers
Asian Foods Guide for Teachers

Format: Booklet 12 pp.

Source: Dairy Council of California
601 North Market Boulevard, Suite 3
Sacramento, CA 95834
(916) 920-7691

Reading Level: Adult

Intended Use By: Teachers

Intended Use For: Families

Description: Information to assist teachers to understand the variety of funds and meal patterns of seven Asian food cultures and Hispanic food culture. A food glossary with English phonetic translation for each language is included. (Korean, Chinese, Japanese, Indo Chinese, Vietnamese, Cambodian, Laotian, Thai)

Language: English

Availability: Limited

Cost: One copy - $1.00

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Infant Feeding Guide

Format: Folder

Source: Texas Department of Health

Reading Level: Sixth grade

Intended Use By: Health Care Providers, Nutritionists

Intended Use For: Mothers, Parents

Description: This folder explains, through pictures, what to feed a baby from birth to five months.

Language: English, Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Infant Feeding Guidelines

Format: Booklet 12 pp.

Source: Georgia Department of Human Resources
Division of Public Health
Office of Nutrition and Child Health Program

Reading Level: Adult

Intended Use By: Public Health Nurses, Nutritionists, Health Care Professionals

Intended Use For: Those who work with infants and pregnant women.

Description: Guidelines with the best current information for feeding normal infants. Guidelines are for all who work with infants and pregnant women to improve the quality and continuity of nutritional services delivered to infants. The guidelines are intended to be practical and useful so that they can be incorporated into all prenatal and pediatric programs.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: La Proteina

Format: Folder

Source: Texas Department of Health
WIC Program

Reading Level: Adult

Intended Use By: Health Care Providers, Nutritionists

Intended Use For: Adults

Description: This folder provides a description of the importance of protein, who needs protein and which foods are rich in protein. Included is a list of what quantities of protein babies, children, and adults require.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Let's Meet Munch

Format: Teacher Book 150 pp.

Source: Nutrition Program
Agency of Health
San Bernardino County
Department of Public Health

Reading Level: Pre-kindergarten

Intended Use By: Teacher

Intended Use For: Pre-kindergarten

Description: Language arts oriented.
Motivational pictures and storyline.
Activities for students.

Language: English

Availability:

Cost:

Date: August 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Los Mitos De Las Vitaminas

Format: Booklet

Source: U.S. Department of Health, Education and Welfare
Public Health Service
Food and Drug Administration
Office of Public Affairs
5600 Fishers Lane
Rockville, MD 20852

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Adults

Description: This is an article about the myths and possible dangers of taking vitamins.

Language: Spanish

Availability:

Cost:

Date: Nutrition

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Migrant Education Health Curriculum Outline
Grades 1-3 or Grades 4-6
Nutrition

Format: Curriculum Unit - Teacher's Manual, Student Booklet

Source: Educational Factors, Inc.
Star Route 1, Box 427
Dripping Springs, TX 78620
(512) 858-7763

Reading Level: Level I (Grades 1-3) Level II (Grades 4-6)

Intended Use By: Teachers in classroom

Intended Use For: Grades 1, 2, 3, or 4, 5, 6

Description: Concepts to be taught

- Proper food choices and reasonable eating patterns influence the attainment of good health.
- Nutrition information applies to all foods.
- Culture influence personal food choices.
- Words and pictures on pre-packaged food influence food choices.
- Food sources, i.e., supermarkets and eating establishments, influence food choices and eating patterns.

Language: English/Spanish

Availability: from source

Cost: Teachers Manual $3.25 each
Student Booklets $2.25 each
Less 10% on orders over $150.00

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Nutrición

Format: Poster

Source: Intercultural Development Research Association 1979

Reading Level: High School

Intended Use By: Health Care Providers, Nutritionists, Parents Clinics, Day Care Centers

Intended Use For: Parents with children enrolled in a food program.

Description: This poster can be folded into envelope form in order to send to parents. It describes the four basic food groups. The last sentence says, "our center offers a combination of each of these foods every day."

Language: Spanish

Availability:

Cost:

Date: August 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Nutrición de su Bebe Durante el Primer Ano de Vida

Format: Booklet

Source: Mead Johnson
Nutritional Division
Evansville, IN 47721

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Parent

Description: This is a complete guide to feeding a baby during the first year of life. It stresses that babies are not small adults and have very special needs.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Nutrición Durante El Embarazo y La Lactancia Materna

Format: Folder

Source: California Department of Health
Maternal and Child Health Bureau
714 P Street
Sacramento, CA 95814

Reading Level: High School

Intended Use By: Health Care Providers

Intended Use For: Pregnant and nursing women

Description: This folder emphasizes the importance of following a doctor's directions in regard to salt, iron and folic acid supplements, and other vitamin pills or medications.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Nutricion: Vitamin A

Format: Folder

Source: WIC Supplemental Food Section
California Department of Health Services

Reading Level: Adult

Intended Use By: Health Care Providers, Nutritionists

Intended Use For: Pregnant Women, Nursing Mothers

Description: This folder offers a concise review of the importance Vitamin A plays in good nutrition. A list of good food sources of Vitamin A is provided emphasis is placed on the importance of Vitamin A for pregnant and nursing mothers.

Language: English, Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Nutrición y Su Salud

Format: Booklet

Source: USDA
Department of Health and Social Services of the United States

Reading Level: Adult

Intended Use By: Health Care Providers, Nutritionists

Intended Use For: Adults

Description: This booklet provides seven guidelines for good nutrition. This is a very attractive booklet which is easy to read and use.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Nutrition
Health Materials
Grades 1-3
Spanish/English

Format: Student Booklet 22 pp.

Source: Educational Factors, Inc.
P.O. Box 6389
San Jose, CA 95150
(408) 289-1557

Reading Level: Grades 1-3

Intended Use By: Teachers of Grades 1-3

Intended Use For: Grades 1-3

Description: The Student Activity sheets contained in this booklet are individual sheets, 8½ X 11, with English on one side of the sheet and Spanish on the reverse side. The student activity sheets are coded to refer to the page in the Teachers Manual in which the activity is discussed.

Language: English/Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Nutrition and Your Health
Dietary Guidelines for Americans
Home and Garden Bulletin No. 232

Format: Booklet 20 pp.

Source: U. S. Department of Agriculture
Human Nutrition Information Service
Hyattsville, MD 20782

Reading Level: Adults

Intended Use By: Adults - Teachers, Parents, Health Workers

Intended Use For: Senior High to Adult

Description: Guidelines are intended for people who are already healthy. Topics covered are: 1) Eat a variety of food; 2) Maintain ideal weight; 3) Avoid too much fat, saturated fat, and cholesterol; 4) Eat foods with adequate starch and fiber; 5) Avoid too much sugar; 6) Avoid too much sodium; 7) If you drink alcohol, do so in moderation.

Language: English

Availability: Superintendent of Documents
U. S. Government Printing Office
Washington, D.C. 20402

Cost: Single Copy $2.25
100 copies $27.00
25% discount for 100 copies or more

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Nutrition: Calcium

Format: Folder

Source: WIC Supplemental Food Section
California Department of Health Services

Reading Level: Adult

Intended Use By: Health Care Providers, Nutritionists

Intended Use For: Parents

Description: This folder offers a description of the importance calcium plays in the creation of health bones, nerves, muscles, and teeth. A list of foods rich in calcium is offered. A "recipe" for stretching milk by adding powdered to whole milk is printed on the last page.

Language: English, Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Nutrition and Your Health

Format: Pamphlet

Source: U.S. Department of Agriculture, U.S. Department of Health and Human Services, Home and Garden Bulletin 232. Previously used as an unnumbered publication.

Reading Level: General Public

Intended Use By:

Intended Use For:

Description: This is a dietary guideline for Americans. It suggests diets for most Americans. They do not apply to people who need special diets.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Nutrition Checkups for Children
Tips for Parents

Format: Booklet

Source: U.S. Department of Health and Human Services
Public Health Service
Health Services Administration
Bureau of Community Health Services
Office for Maternal and Child Health
5600 Fishers Lane
Rockville, MD 20857

Reading Level: Adult

Intended Use By: Health Care Providers, Nutritionists

Intended Use For: Parents

Description: This booklet provides parents with a guide for checking the weight and height and having the child's blood and teeth checked.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Nutrition - Iron: The Hard-To-Get Nutrient

Format: Folder

Source: WIC Supplemental Food Section
California Department of Health Services

Reading Level: Adult

Intended Use By: Health Care Providers, Nutritionists

Intended Use For: Parents

Description: This folder explains the importance of iron in the development of hemoglobin. A list of who needs extra iron is provided. Foods rich in iron are mentioned. Infant foods that are rich in iron are listed on the back of the folder.

Language: English, Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Nutrition Labeling
Food Selection Hints for Fat-Controlled Meals
No. 50-040-A (Rev. 82)

Format: Booklet 9 pp.

Source: American Heart Association
National Center
7320 Greenville Avenue
Dallas, TX 75231
or local association office or state affiliate

Reading Level: Adult

Intended Use By: Nutritionists, Home Economic Instructors

Intended Use For: Families

Description: This booklet tells you how to read food labels to get more food value for your money. It also provides guidelines to help you shop for fat-controlled meals. Information about calories, kinds of fat and cholesterol is provided to help you select foods low in saturated fat and cholesterol.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Nutrition: Vitamin C

Format: Folder

Source: WIC Supplemental Food Section
California Department of Health Services

Reading Level: Adult

Intended Use By: Health Care Providers, Nutritionists

Intended Use For: Parents

Description: This folder explains why Vitamin C is important to maintaining good health. A list of good food sources of Vitamin C is provided tips on how to cook and store foods in order to retain the most Vitamin C are also provided.

Language: English, Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: ¡Para un Bebe Saludable y para Usted!

Format: Folder

Source: Texas Department of Health

Reading Level: Sixth grade

Intended Use By: Health Care Providers, Nutritionists

Intended Use For: Pregnant Women

Description: This folder stresses the importance of eating food rich in iron during pregnancy. A list of foods is provided.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition - Disease Control

Title: Pass the Salt
Put Flavor Into Low Sodium Diets
With Sunkist Lemons

Format: Booklet 16 pp.

Source: Consumer Services
Sunkist Growers, Inc.
Box 7888
Van Nuys, CA 91409

Reading Level: Adult

Intended Use By: Nutritionists, Parents

Intended Use For: Families

Description: This booklet tells how to make healthful food choices for good nutrition. It gives the sodium and calorie content of popular fresh produce items and has creative recipes using fresh lemon. It has many hints for reducing sodium in the diet.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Personalized Weight Control
By Betty Taif

Format: Booklet 15 pp.

Source: National Dairy Council
Rosemont, IL 60018

Reading Level: High School, Adult

Intended Use By: Individuals

Intended Use For: Anyone wanting to plan and design a personalized weight control program.

Description: A guide to a practical day-to-day personalized plan of eating and living habits to achieve and keep the best weight for an individual.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Pick and Choose
A Videotape Series on Nutrition for Migrant Families

Format:

Source: The University of the State of New York
The State Education Department
Office of Cultural Education
Albany, NY 12230

Reading Level: Adult

Intended Use By: Nutritionists, Health Care Providers, Teachers

Intended Use For: Migrant Families

Description: This series presents information related to the nutritional needs of migrants. It shows them as they live, shop, cook and eat. The suggestions about nutrition take into account migrant tastes and traditional foods. Last, but not least, the series is designed to entertain and interest viewers of all ages. Pick and Choose consists of three - 15 minute program and a guide. Each program is made up of many short sequences lasting only a few minutes. The programs mix action, animation, puppets and songs in an attention-grabbing "magazine format" similar to the one used by Sesame Street.

Language: English/Spanish

Availability: On user tape from New York State Education Department
Bureau of Mosa Communications
Albany, NY 12234

Cost: No charge.

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Que es WIC ?

Format: Folder

Source: Department of Health
County of Tulare
County Civic Center
Visalia, CA 93277

Reading Level: High School, Adult

Intended Use By: Nutritionists, WIC Program Personnel

Intended Use For: Parents

Description: This folder describes the WIC Program; who is eligible and what benefits are offered.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Recipes for Fat Controlled Low Cholesterol Meats
from the American Heart Association Cookbook
No. 50-020-B

Format: Booklet 34 pp.

Source: American Heart Association
National Center
7320 Greenville Avenue
Dallas, TX 75231
or local association office or state affiliate

Reading Level: Adult

Intended Use By: Nutritionists, Parents

Intended Use For: Families

Description: These recipes have been taken from the new and expanded 1975 edition of the American Heart Association Cookbook published by David McKay Company, Inc., New York. They are based on a fat-controlled, low cholesterol mean plan recommended by scientists as an aid to reduce the risk of heart attack in susceptible people. The recipes should be used with a companion leaflet available from your local Heart Association, "The Way to a Man's Heart" (51-018-A) which contains lists of recommended foods. Using both publications as a guide, you will be able to plan satisfying and healthful meals with only moderate changes in your eating habits.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition - Disease Prevention

Title: Save Food Dollars and Help Your Heart
No. 50-032-A (Rev. 80)

Format: Booklet 11 pp.

Source: American Heart Association
National Center
7320 Greenville Avenue
Dallas, TX 75231
or local association office or state affiliate

Reading Level: Adult

Intended Use By: Nutritionists, Home Economic Instruction

Intended Use For: Families

Description: This booklet is prepared to give you ideas on how to shop economically while selecting healthful foods. It also contains hints on storing and preparing food. If you have already made significant changes in your eating habits for medical reasons, this booklet should provide valuable assistance.

Language: English

Availability:

Cost:

Date: August 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Snacks - antojitos

Format: Folder

Source: WIC Program
Texas Department of Health

Reading Level: Sixth grade

Intended Use By: Nutritionists, teachers

Intended Use For: Parents, children

Description: This folder provides a list of various healthy snacks which give lasting energy. A list of snacks which are high in iron is also provided.

Language: English/Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition, Disease Control

Title: 1983 Sodium and Calorie Content of Foods Served at McDonald's Restaurants

Format: Wallet size folder

Source: McDonald's Corporation
Communications Department
Oak Brook, IL 60521

Reading Level: 5th Grade

Intended Use By: Nutritionists, Teachers, Parents

Intended Use For: Families

Description: This information is provided to assist persons following salt (sodium) restricted diets. Today high blood pressure is recognized as a major health concern in the United States. Latest estimates are that one in six Americans are hypertensive. This folder tells how with a little planning your can enjoy your fast food without exceeding your sodium level for the day. Its size makes it easy to carry in wallet or purse.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Supermarket Survival

Format: Pamphlet 8 pp.

Source: National Dairy Council
Rosemont, IL 60018

Reading Level: Adult

Intended Use By: Nutritionists, Heads of Households

Intended Use For: Heads of Households

Description: A guide to cut food costs without giving up necessary nutrients.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: The Way to a Man's Heart
A Fat-Controlled, Low Cholesterol Meal Plan to
Reduce the Risk of Heart Attack
No. 51-018-A

Format: Leaflet

Source: American Heart Association
National Center
7320 Greenville Avenue
Dallas, TX 75231
or local association office or state affiliate

Reading Level: Adult

Intended Use By: Nutritionists, Parents

Intended Use For: Families

Description: This leaflet provides helpful information regarding limitations on sizes of servings and on fat in particular. Information is given about cholesterol and the different type of fat in foods. The inside of the folder when opened becomes a chart of the basic food groups with recommendations to follow for number and size of servings.

Language: English

Availability:

Cost:

Date: August 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Un Plan De Alimento Para Su Bebe

Format: Booklet

Source: Texas Department of Health
Division of Maternal and Child Health

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Parents

Description: This booklet reviews a child's nutritional needs from birth to 12 months. A complete list of recommended foods is provided.

Language: Spanish

Availability:

Cost:

Date: August 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: What is Good Nutrition?

Format: Single page hand-out

Source: The Food and Nutrtion Information and Education Resources Center
National Agricultural Library
Room 304
Beltsville, MD 20705
AC 301/344-3719 (24 hour telephone monitor)

Reading Level:

Intended Use By: Health Care Personnel, Food Service Managers, Nutrition Educators

Intended Use For:

Description: This hand-out describes the services offered by the Food and Nutrition Information and Education Resources Center.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: What is WIC?
Good Nutrition for You and Your Baby

Format: Booklet 6 pp.

Source: Office of Nutrition
47 Trinity Avenue, S.W.
Atlanta, GA 30334

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Prenatal and maternal

Description: Booklet gives simple facts with illustrations about WIC. WIC is the special supplemental food program for women, infants and children. WIC supplies extra food for: Women-pregnant and breast feeding, infants - under 1 year, and children - 1 to 5 years. WIC helps you learn about good nutrition.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition - Fitness

Title: What to Know About A Weight-Control Diet
Before You Eat One

Format: Folder

Source: National Dairy Council
Rosemont, IL 60018

Reading Level: Adult

Intended Use By: Nutritionists, Health Care Providers

Intended Use For: Families

Description: Weight-control diets - like people - came in all shapes and sizes. Some count calories, some count grapefruit or glasses or water, and some don't count for anything. This booklet is geared for people who are not experts in nutrition or mathematics letting them what they ought to know before starting diet.

Language: English

Availability:

Cost:

Date: August 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: What's Good for Snacks

Format: Poster

Source: Intercultural Development Research Association 1979

Reading Level: High School

Intended Use By: Health Care Providers, Nutritionists, Parents, Clinics, Day Care Centers

Intended Use For: Parents with children enrolled in a food program.

Description: This poster can be folded into envelope form to send to parents. It offers parents a list of alternative snacks which are healthier and have less sugar than cake, candy, and soda.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: WIC Food Bag
What's In It For You?

Format: Pamphlet

Source: Georgia Department of Human Resources
State WIC Office

Reading Level:

Intended Use By: Health Personnel, Nurses, Nutritionists

Intended Use For: Prenatal and Maternal

Description: Illustrated pamphlet giving benefits of food groups for mothers, mothers to be and their babies.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: WIC - le ayuda a usted y a sus hijos

Format: Folder

Source: Wyeth Laboratories
Philadelphia, PA 19101

Reading Level: High School

Intended Use By: Health Care Providers, Nutritionists

Intended Use For: Pregnant women, parents

Description: This folder provides a concise description of the WIC program as well as offering a list of nutritive elements essential for babies and children. An explanation of how to apply for WIC foods is provided.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Your Calorie Catalog

Format: "4½ X 5" booklet 14 pp.

Source: National Dairy Council
Rosemont, IL 60018

Reading Level: Junior High

Intended Use By: Nutritionists, Teachers, Parents

Intended Use For: Families

Description: This purse size booklet gives a complete listing of the calories of most foods. It is a guide to help one choose selectively from recommended foods to insure yourself of nutrients for health and to control weight.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Your Food

Chance or Choice

Format: Booklet 10 pp.

Source: National Dairy Council
Rosemont, IL 60018

Reading Level: Adult

Intended Use By: Nutritionists, Teachers, Parents

Intended Use For: Families

Description: Choosing what to eat is something we all do every day. Sometimes it isn't easy but it is important. This booklet gives good suggestions on making the right choices that will prepare yourself for a lifetime of good eating and good living.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: About Good Nutrition
A Coloring and Activities Book
1983 Edition

Format: Scriptographic
8½ X 11 booklet 16 pp.

Source: Channing L. Bete Co., Inc.
South Deerfield, MA 01373
(412) 665-7611

Reading Level: 3rd Grade

Intended Use By: Elementary Teacher

Intended Use For: 3rd Grade

Description: Coloring and activity booklet used to teach all aspects of good nutrition.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition Disease Control

Title: About Your Heart and Diet
No. 51-040-A

Format: Booklet 5 pp.

Source: American Heart Association
National Center
7320 Greenville Avenue
Dallas, TX 75231
or local association office or state affiliate

Reading Level: High School, Adult

Intended Use By: Health Care Providers, Teachers

Intended Use For: Individuals

Description: This booklet gives a description of your heart and blood vessels. It has a discussion on your diet and cholesterol, fats and your heart, calories, salt and how we can help to keep our hearts healthy. The booklet contains an exercise of word find and of writing a sample menu for a day's health foods from the word find.

Language: English

Availability:

Cost:

Date: August 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: A Five-Minute Course in New-trition

Format: Folder

Source: Nutrition Action
Center for Science in the Public Interest

Reading Level: Adult

Intended Use By: Health Care Providers, Nutritionists

Intended Use For: Adults

Description: This amusing folder explains why and how Americans have to change their eating habits. Fat, sugar, salt and alternative foods are discussed.

Language: English

Availability:

Cost:

Date: August 1984

HAPPIER Health Resource Guide

Major Health Category: Nutrition

Title: Alimento Para la Adolescente Embarazada

Format: Folder

Source: Texas Department of Health
Division of Mother and Child Health

Reading Level: Sixth

Intended Use By: Health Care Providers

Intended Use For: Pregnant adolescents

Description: This folder emphasizes that the pregnant adolescent must be particularly careful about her nutritional needs because her body is still growing. A food guide which includes the four food groups is provided along with a daily menu.

Language: Spanish

Availability:

Cost:

Personal Hygiene

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Personal Hygiene

Title: Diabetes
Good Hygiene la buena higine

Format: Single Fold Sheet

Source: Texas Department of Health

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Diabetics

Description: This sheet tells the importance of good hygiene in the care of your feet. It is written in both Spanish and English.

Language: English/Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Personal Hygiene

Title: La Presencia de Perros Realengos en las Escuelas
Puede Traer un Brote de Pulgas y Garrapatas

Format: Pamphlet

Source: School Health Program, Puerto Rico Deparmtent of Education

Reading Level: Parents and teachers

Intended Use By: Parents and teachers

Intended Use For: Parents and teachers

Description: The pamphlet provides information about the terms "ticks and fleas." lt also provides information about the transmission and how they can be eliminated.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Personal Hygiene

Title: Lice

Format: Information Kit

Source: Pfizer Pfiphamecs Division
Pfizer, Inc.
235 East 42nd Street
New York, NY 10017

Reading Level: Adult

Intended Use By: Clinics, School Nurses, Day Care Personnel

Intended Use For: Students and Families

Description: This kit gives information on control of lice infestations. It outlines individual treatment, home control measures, and school control measures. Instructions for parents are included to be sent home with the child if lice has been found.

Language: English/Spanish

Availability:

Cost: No charge.

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Personal Hygiene

Title: Migrant Education Health Curriculum Outline
Grades 1-3 or Grades 4-6
Personal Hygiene

Format: Curriculum Unit - Teacher's Manual, Student Booklet

Source: Educational Factors, Inc.
Star Route 1, Box 427
Dripping Springs, TX 78620
(512) 858-7763

Reading Level: Level I (Grades 1-3) Level II (Grades 4-6)

Intended Use By: Teacher in classroom

Intended Use For: Grades 1, 2, 3 or 4, 5, 6

Description: Concepts to be taught:

- Health is affected by daily personal hygiene practices and prompt attention to sypmtoms of illness.
- Life styles are related to life-long health status.
- Variations exist in levels of physical well-being attainable by individuals.

Language: English/Spanish

Availability: from source

Cost: Teachers Manual $3.25 each
Student Booklet $2.25 each
Less 10% on orders over $150.00

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Personal Hygiene

Title: Personal Hygiene
Health Materials Level II Spanish/English

Format: Booklet 20 pp.

Source: Educational Factors, Inc.
San Jose, CA

Reading Level: Adult

Intended Use By: Teachers

Intended Use For: Grades 4-6

Description: This teacher's manual is designed to assist the teacher in presenting instruction in the general area of personal hygiene to bilingual children who use Spanish in the home and English in the school. A purpose of the format of the materials in this series is to insure that the child can develop mastery of the concepts through either language. The series includes, in addition to materials for student and the teacher, a bilingual parent guide. The purpose of the parent guide is to provide reinforcement of teaching, learning within the traditional trend consisting of parent/teacher/child.

Language: Spanish/English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Personal Hygiene

Title: The Facts of Lice
How to Kill Head Lice and Their Eggs

Format: Folder

Source: The Purdue Frederick Co.
Norwalk, CT 06856

Reading Level: Junior High to Adult

Intended Use By: Health Care Providers, Teachers, Nurses, Clinics

Intended Use For: Families

Description: This folder describes what a louse is, how they are spread and how they can be controlled with Prioderm Lotion.

Language: English

Availability:

Cost:

Preventative Care

Date: August 1984

HAPPIER Health Resource Guide

Major Health Category: Preventative Care

Title: Autoexamen De Los Pechos

Format: Single page

Source: COSSMHO
1030 15th Street, N.W.
Wuite 1053
Washington, D.C. 20005

Reading Level: High School, Adult

Intended Use By: Health Care Personnel

Intended Use For: Women

Description: This hand-out stresses the importance of self breast examination. Along with an explanation of how to examine the breasts, there is a description of the normal changes which ocurr in the breast. Illustrations on how to perform the self breast exam are included.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventative Care

Title: A Guide for Home Care and Prevention of Childhood Injuries

Format: Booklet

Source: North County Health Services
Migrant Childhood Accident Prevention Project
San Marcos, CA

Reading Level: Sixth Grade

Intended Use By: Health Care Providers, Educators

Intended Use For: Parents

Description: This is a complete guide to making the home safe. First aid instructions for the care of minor scrapes, to poisoning and CPR are also included.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventative Care

Title: Are You Doing All You Can to Help Parents Protect Their Children From The Number One Killer?

Format: Folder

Source: Parent Education Project
Familia En Flor
1000 West Carson Street
Cottage 15
Toreance, CA 90509

Reading Level: Adult

Intended Use By: Health Care Providers, Educators

Intended Use For: Parents, Educators

Description: This folder contains an order form for obtaining prepared lessons on the importance of using seatbelts.

Language: English, Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventive Care

Title: Bilharzia

Format: Booklet

Source: Department of Education, Community Health Education, Puerto Rico

Reading Level: Junior High School and High School

Intended Use By: General Public

Intended Use For: General Public

Description: This booklet gives answers to questions you may have about bilharzia.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventative Care

Title: Chemical Burns... What to Do...

Format: Folder

Source: Yakima Valley Farmworkers Clinic
Health Promotion/Disease Prevention
518 West First Avenue
Toppenish, WA 98948
300 Division
Grandview, WA 98930

Reading Level: High School, Adult

Intended Use By: Health Educators

Intended Use For: Adults

Description: This folder provides information on what to do and how to treat a chemical burn.

Language: English

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventive Care

Title: Como protegerlos

Format: Folder

Source: Puerto Rico Health Department
Call Box 71423
San Juan, Puerto Rico 00936

Reading Level: Adult

Intended Use By: Providers

Intended Use For: General public

Description: Describes immunization against diphtheria, whooping cough and tetanus and indicates immunization schedule.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventative Care

Title: Como proteger a los ninos pequenos contra accidentes

Format: Booklet

Source: Proctor and Gamble
Cincinnati, OH 45201

Reading Level: Sixth Grade

Intended Use By: Health Educators, Preschool Educators

Intended Use For: Parents

Description: This is a guide to protecting infants from accidents which may occur in the home.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventative Care

Title: Como Trabajar sin Peligro con Pesticides

Format: Booklet 32 pp.

Source: State of California
Department of Industrial Relations
CAL/OSHA Communications
525 Golden Gate Avenue, 3rd Floor
San Francisco, CA 94102

Reading Level: High School - Adult

Intended Use By: Health Care Providers

Intended Use For: Agricultural Workers

Description: This booklet contains information on 1) safety precautions for agricultural workers, 2) what to do if they are exposed to pesticides and 3) agencies to contact.

Language: English/Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventative Care

Title: Corriendo un Riesgo sin Oportunidad de Ganar

Format: Comic Book - 12 pages

Source: American Cancer Society, Inc.
219 E. 42nd Street
New York, NY 10017
(212) 371-2900

Reading Level: Junior High, Senior High

Intended Use By: Teachers

Intended Use For: Students in Junior and Senior High

Description: This comic book presents via a social setting information about health problems that can result from smoking.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventative Care

Title: Cuando su nino tiene fiebre

Format: Booklet

Source: McNeil
McNeil Consumer Products Company
Fort Washington, PA 19034

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Parents

Description: This booklet, (written by Sumner Haffe, MD, Professor of Pediatrics and Pharmocology at The Children's Hospital of Philadelphia), is a complete guide to answering questions about childhood fever. It touches on what is a fever, the causes of a fever, how to take a temperature, and what should be done for a child with a fever.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventative Care

Title: Cuidado De Los Oidos

Format: Folder

Source: Texas Department of Health

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Adults

Description: This is a complete guide to ear care; how to clean the outer ear and why the inner ear should not be cleaned except by a physician or health care provider.

Language: English

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventive Care

Title: Curso sobre el cáncer y el hábito de fumar

Format: Booklet

Source: School Health Program, Puerto Rico Department of Education

Reading Level: Junior high school

Intended Use By: Teacher

Intended Use For: Teaching

Description: A course for the teaching of cancer and smoking habits.

Language: Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventive Care

Title: Curso sobre el cáncer y el hábito de fumar

Format: Pamphlet

Source: School Health Program, Puerto Rico Department of Education

Reading Level: High school

Intended Use By: Teachers

Intended Use For: Teaching

Description: A course designed for the teaching of cancer and smoking habits.

Language: Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventive Care

Title: Deje los cigarrillos. Viva mas tiempo

Format: Leaflet

Source: Sociedad Americana del Cancer, Puerto Rico

Reading Level: General Public, High School Students

Intended Use By:

Intended Use For:

Description: This leaflet gives information toward the habit of smoking and cancer.

Language: Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventive Care

Title: El fumar y la salud

Format: Pamphlet

Source: Asociacion Puertorriquena del Pulmon, San Juan, Puerto Rico

Reading Level: Junior and high school

Intended Use By: General public

Intended Use For: Orientation

Description: Information on smoking and the effects it has in our health.

Language: Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventive Care

Title: El fumar y su salud

Format: Booklet

Source: Smoking and your health a teacher-student workshop program - Pennsylvania Lung Association

Reading Level: Junior and high school

Intended Use By: Teacher

Intended Use For: Teaching

Description: A teacher's guide including five lessons on smoking and your health.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventative Care

Title: El Libro de Katy para Colorear sobre las Drogas y Salud

Format: Coloring Book

Source: Secretary of Justice
Drug Enforcement Administration

Reading Level: Fourth grade

Intended Use By: Health Care Providers, Educator

Intended Use For: Elementary Level

Description: This coloring book provides children with an enjoyable way of learning about drugs which help as well as harm the body.

Language: Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventive Care

Title: El maestro y la epilepsia de ausencia (Petit Mal)

Format: Pamphlet

Source: Dr. Luis Rivera Reyes, MD
Director Neurologia Pediatrica
Hospital Municipal
Centro Medico, San Juan

Reading Level: Teachers

Intended Use By: Teachers

Intended Use For: Teachers

Description: Orientation to teachers in how to deal with students which are having epilepsy.

Language: Spanish

Availability:

Cost:

Date: August 1984

HAPPIER Health Resource Guide

Major Health Category: Preventative Care

Title: Examen Pelvico y Frotis de Papanbicolaou

Format: Single page

Source: COSSMHO
1030 15th Street, N.W.
Suite 1053
Washington, D.C. 20005

Reading Level: High School, Adult

Intended Use By: Health Care Professionals

Intended Use For: Women

Description: This hand-out emphasizes the importance of this cancer-preventing examination. A complete description of the exam is included.

Language: Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventive Care

Title: Examine usted misma sus senos

Format: Leaflet

Source: Estado Libre Asociado del Puerto Rico
Departamento de Salud

Reading Level: For ladies

Intended Use By:

Intended Use For:

Description: This leaflet orientates ladies toward the detection of breast cancer.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventative Care

Title: First Aid Hints

Format: Single sheet hand-out which can be folded into an envelope.

Source: Intercultural Development Research Association
1979

Reading Level: Sixth Grade

Intended Use By: Health Care Providers, Educators

Intended Use For: Parents

Description: This hand-out describes why accidents happen. It provides a list for writing down emergency numbers to keep near the phone.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventative Care

Title: For Kid's Sake

Format: Folder

Source: U.S. Consumer Product Safety Commission

Reading Level: Adult

Intended Use By: Health Care Providers, Educators

Intended Use For: Parents

Description: This folder offers a brief guide to toy safety which includes buying, maintaining, and storing toys.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventative Care

Title: Hazards of Drug Abuse

Format: Folder

Source: Spenco Medical Corporation
P.O. Box 8113
Waco, TX 76710

Reading Level: Teenagers, Adult

Intended Use By: Health Care Providers, Counselors

Intended Use For: Teenagers and Adults

Description: This mini-test is intended to be used with the Spenco Folding Display. Permission granted to reproduce for group use. Every drug is a potential poison which can cause disability and death if taken incorrectly into the body, consumed in the wrong amounts or mixed indiscriminately with other drugs. The folder explains the hazards of each type of drug abuse.

Language: English

Availability: From source.

Cost: No charge.

Date: August 1984

HAPPIER Health Resource Guide

Major Health Category: Preventative Care

Title: Home Inspection For Your Child's Safety

Format: Single sheet which is folded into an envelope

Source: Intercultural Development Research Assistance 1979

Reading Level: Sixth grade

Intended Use By: Health Care Educators

Intended Use For: Parents

Description: This handout provides parents with a quick way to make a home inspection for safety.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventative Care

Title: Home Safe Home
for Your Explorer

Format: Folder

Source: The Soap and Detergent Association
475 Park Avenue South
New York, NY 10016

Reading Level: Adult

Intended Use By: Parents

Intended Use For: Children

Description: This colorful little folder depicts children as explorers and tells you how you can protect your child from burns, drownings, bumps, cuts and falls. It illustrates things to keep out of your childs reach such as plants, medicines, cleaning products, pest killers, sharp objects, etc. The folder would be colorful to place in a home as a reminder.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventative Care

Title: Hogar Seguro Hogar
para su "explorador"

Format: Folder

Source: The Soap and Detergent Association
475 Park Avenue South
New York, NY 10016

Reading Level: Adult

Intended Use By: Parents

Intended Use For: Children

Description: This colorful little folder depicts children as explorers and tells you how you can protect your child from burns, drownings, bumps, cuts and falls. It illustrates things to keep out of your childs reach such as plants, medicines, cleaning products, pest killers, sharp objects, etc. The folder would be colorful to place in a home as a reminder.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventative Care

Title: If Someone Has An Accident

Format: Folder

Source: Yakima Valley Farmworkers Clinic
Health Promotion/Disease Prevention
518 West First Avenue
Toppenish, WA 98948
300 Division
Grandview, WA 98930

Reading Level: High School, Adult

Intended Use By: Health Educators

Intended Use For: Adults

Description: This folder offers instruction on what to do if someone has a serious accident.

Language: English

Availab lity:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventive Care

Title: Informacion sobre las pruebas de seleccion

Format: Pamphlet

Source: Puerto Rico Department of Education
School Health Program
Hato Rey, Puerto Rico

Reading Level: Teachers and school nurses

Intended Use By: Teachers and school nurses

Intended Use For: Teachers and health educators

Description: An instructional guide on how to make a screening test

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventative Care

Title: Inspeccion De Casa Para La Proteccion De Su Nino

Format: Single sheet which is folded into an envelope

Source: Intercultural Development Research Association 1979

Reading Level: Adult

Intended Use By: Health Care Educators

Intended Use For: Parents

Description: This handout provides parents with a quick way to make a home inspection for safety.

Language: Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventive Care

Title: Juice Use

Format: Manual

Source: Clearing on Alcohol Abuse and Alcoholism
P.O. Box 2345
Rockville, MO 20852

Reading Level: General public, high school students

Intended Use By: General public, high school students

Intended Use For: General public, high school students

Description: This manual is presented in cartoons for high school students and general public. It provides help in problems of alcohol.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventative Care

Title: La Proteccion de los Ninos en
Carros y Troques

Format: One Sheet

Source: Ohio Department of Highway Safety
Spanish Version: Clinica de Salud Familiar
Family Health Services
Greenville, Ohio

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Families

Description: The law requiring the use of car seats for children under four years of age or forty pounds is explained.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventative Care

Title: Las 9 Vidas de El Gato

Format: Comic Book - 20 pp.

Source: The U. S. Consumer Product Safety Commission
Superintendent of Documents
U. S. Government Printing Office
Washington, D.C. 20402

Reading Level: Grades 4 through 8

Intended Use By: Teachers

Intended Use For: Students in the intermediate grades through Junior High School.

Description: The comic booklet illustrates graphically and entertainingly safety measures to prevent fires in the home and how to react if there is a fire.

Language: Spanish

Availability: Information Available: 800-638-8326
Maryland only: 800-492-8363
Alaska, Puerto Rico: 800-638-8333

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventive Care

Title: Law of child abuse, Law No. 75

Format: Kit of three booklets

Source: Social Services Department, Puerto Rico

Reading Level: Teachers and students of secondary level

Intended Use By: General public, health educators

Intended Use For: Orientation

Description: These booklets are designed to provide orientation in relation to child abuse. It includes a copy of the law in relation to child abuse.

Language:

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventive Care

Title: Ley de Inmunizacion, Ley #25

Format: Leaflet

Source: Estado Libre Asociado de Puerto Rico

Reading Level: General Public

Intended Use By:

Intended Use For:

Description: A copy of the law in Puerto Rico

Language: Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventive Care, Disease Control

Title: Lo que debemos saber sobre el cancer

Format: Leaflet

Source: Estado Libre Asociado de Puerto Rico

Reading Level: General Public

Intended Use By: Health Care Providers

Intended Use For: Families

Description: This leaflet orientates toward nature and causes of cancer. It also gives information about diagnosis, treatment and cure.

Language: Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventive Care

Title: Madre: Te felicitamos

Format: Folder

Source: Puerto Rico Health Department
Call Box 71423
San Juan, Puerto Rico 00936

Reading Level: Adult

Intended Use By: Health care providers

Intended Use For: Families

Description: Congratulates mothers for the arrival of a new baby and stimulates them to immunize the baby against childhood diseases.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventative Care

Title: Manejala Con Cuidado

Format: Folder

Source: La Clinica De Campesinos Del Valle Yakima
Programa Para Prevenir La Enfermedad Y Promover La Salud
518 West First Avenue
Toppenish, WA 98948
300 Division
Grandview, WA 98930

Reading Level: High School, Adult

Intended Use By: Health Educators

Intended Use For: Adults

Description: This is a concise guide to firearm safety.

Language: Spanish

Availability:

Cost:

Date:, August, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventative Care

Title: Migrant Education Health Curriculum Outline
Grades 1-3 or Grades 4-6
Accident Prevention

Format: Curriculum Unit - Teachers Manual, Student Booklet

Source: Educational Factors, Inc.
Star Route 1, Box 427
Dripping Springs, TX 78620

Reading Level: Level I (Grades 1, 2, 3) Level II (Grades 4, 5, 6)

Intended Use By: Teacher in classroom

Intended Use For: Grades 1, 2, 3 or 4, 5, 6

Description: Concepts to be taught:

- Potential hazards need to be identified and corrected to prevent accidents.
- Many accidents can be prevented.
- Individuals need to be prepared to act effectively in times of emergency.
- Planning can reduce devastation from disasters.

Language: English/Spanish

Availability: from source

Cost: Teachers Manual $3.25 each
Student Booklet $2.25 each
Less 10% on orders over $150.00

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventative Care

Title: Para El Cuidado De Los Ninos

Format: Folder

Source: U.S. Consumer Product Safety Commission

Reading Level: Adult

Intended Use By: Health Care Providers, Educators

Intended Use For: Parents

Description: This folder offers a brief guide to toy safety which includes buying, maintaining, and storing toys.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventative Care

Title: Pesticide Safety and Poison Prevention Handbook

Format: Booklet, 8 pp.

Source: Poison Control Center
Fresno Community Hospital and Medical Center
Fresno, CA 93715

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Agricultural Workers

Description: This booklet details safety procedures in dealing with pesticides. It includes symptoms of pesticide poisoning and first aid for pesticide poisoning and all types of poisoning.

Language: English

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventive Care

Title: Prevención de adicción a drogas y de suctancias nocivas

Format: Pamphlet

Source: School Health Program
Puerto Rico Department of Education
Hato Rey, Puerto Rico

Reading Level: Secondary School Level

Intended Use By: Teaching in health courses

Intended Use For: Health teachers in the secondary school levels

Description: Effects of some drugs and how to prevent its uses.

Language: Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventive Care

Title: Recuerda

Format: Poster

Source: Puerto Rico Health Department
Call Box 71423
San Juan, Puerto Rico 00936

Reading Level: Elementary

Intended Use By: Providers

Intended Use For: General public

Description: Announces the availability of immunization services and promotes immunization of children.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventative Care

Title: /Sigan Gozando de Buena Salud!

Format: Coloring Booklet

Source: U.S. Department of Health and Human Services
Public Health Service
Centers for Disease Control

Reading Level: Fourth Grade

Intended Use By: Health Care Providers

Intended Use For: Elementary Students

Description: This coloring book reinforces the importance of receiving proper vaccinations. A check list for parents is provided on the last page of the booklet.

Language: Spanish

Availability:

Cost:

Date: August 1984

HAPPIER Health Resource Guide

Major Health Category: Preventative Care

Title: Sugerencias De Primeras Auxilios

Format: Single sheet hand-out which can be folded into an envelope.

Source:

Reading Level: Sixth Grade

Intended Use By: Health Care Providers, Educators

Intended Use For: Parents

Description: This hand-out describes why accidents happen. It provides a list for writing down emergency numbers to keep near the phone.

Language: Spanish

Availability:

Cost:

HAPPIER Health Resource Guide

Major Health Category: Preventative Care

Title: Tipp - The Injury Prevention Program

Format: Folder containing pamphlets and single page handouts

Source: American Academic of Pediatrics
1801 Hinman Avenue
Evanston, IL 60204

Reading Level: Adult

Intended Use By: Health Educators

Intended Use For: Parents

Description: This folder contains descriptions of typical injuries which occur with children from birth to four years. A self-assessment for accident prevention in the home is included. An order form for additional copies is also included.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventative Care

Title: The First Ride - A Safe Ride

Format: Folder which includes stickers, buttons, articles, and pamphlets

Source: American Academy of Pediatrics

Reading Level: Adult

Intended Use By: Health Care Educators

Intended Use For: Parents, Educators

Description: This folder includes bumper stickers and buttons which stresses the importance of using safety seats and seat belts. Articles and pamphlets which include tests verifying the importance of seat belts are also included.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventative Care

Title: Trubaji con inteligenciea...Trabaji con Sequridad...Al emplear productos quimicas parn granjas.

Work Smart...Work Safely... With Farm Chemicals

Format: Booklet 8 pp. in English; 8 pp. in Spanish

Source: NACA
1155 Fifteenth Street, N.W.
Washington, D.C. 20005

Reading Level: Elementary

Intended Use By: Health Care Providers

Intended Use For: Agricultural Workers

Description: This booklet contains safety tips on working with farm chemicals.

Language: Spanish/English

Availability: Western Agricultural Chemicals Associations
Attention: Director of Public Affairs
6650 Belleau Wood Lane
Suite 209
Sacramento, CA 95822

Cost: Free

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventive Care

Title: Un chequeo de la matriz tan simple y . . . tan importante

Format: Leaflet

Source: Programa Control del Cancer, Edificio "A" Hospital de Siquiatria, Rio Piedras, Puerto Rico

Reading Level: For ladies

Intended Use By:

Intended Use For:

Description: This leaflet orientates ladies toward the detection of matrix cancer.

Language: Spanish

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventative Care

Title: Usted Puede Prevenir Las Infecciones Vaginales

Format: Folder

Source: City of Houston Health Department
1115 North MacGregor
Houston, TX 77030

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Women

Description: This folder gives a complete description of the female reproductive organ as well as a discussion of the types of clothing, hygiene practices and medication to be utilized to help in the prevention of vaginal infections.

Language: English and Spanish (on same folder)

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventative Care - Fitness

Title: Varicose Veins
No. 50-027-A (Rev. 82)

Format: Booklet 10 pp.

Source: American Heart Association
National Center
7320 Greenville Avenue
Dallas, TX 75231
or local association office or state affiliate

Reading Level: Adult

Intended Use By: Health Care Providers

Intended Use For: Families

Description: This booklet explains how varicose veins develop and describes the treatment methods used. It may answer most of your questions in general, but only your doctor can tell you what you want to know about your own varicose veins.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventative Care

Title: Vital and Health Statistics
Plan and Operation of the Second National
Health and Nutrition Examination Survey, 1976-80
DHHS No. 81-1314

Format: Booklet, 144 pp.

Source: U.S. Department of Health and Human Services
Public Health Service
Office of Health Research, Statistics, and Technology
National Center for Health Statistics
Hyattsville, Maryland

Reading Level: Adult

Intended Use By: Statistician and Survey Takers

Intended Use For: Survey Takers

Description: Reports describing the general programs of the National Center for Health Statistics and its offices and divisions and the data collection methods used. They also include definitions and other materials necessary for understanding the data.

Language: English

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventive Care

Title: What everyone should know about drug abuse

Format: Booklet

Source: Copyright 1970, Channing L. Bete Co. Inc.
Greenfield, Massachusetts 01301

Reading Level: High school students and general public

Intended Use By: High school students and general public

Intended Use For: High school students and general public

Description: This booklet is presented in cartoons. It explains what would happen to an individual who uses drugs for non-medical reasons.

Language: English

Availability:

Cost:

Date: August, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventative Care

Title: Working Safely with Pesticides

Format: Booklet 32 pp.

Source: State of California
Department of Industrial Relations
CAL/OSHA Communications
525 Golden Gate Avenue, 3rd Floor
San Francisco, CA 94102

Reading Level: High School - Adult

Intended Use By: Health Care Providers

Intended Use For: Agricultural Workers

Description: This booklet contains information on 1) safety precautions for agricultural workers, 2) what to do if they are exposed to pesticides and 3) agencies to contact.

Language: English/Spanish

Availability:

Cost:

Date: September, 1984

HAPPIER Health Resource Guide

Major Health Category: Preventive Care

Title: Yo cuido mi bebe desde ahora

Format: Booklet

Source: Servicios prenatales
Secretaria Auxiliar servicios ambulatorios
Departamento de Salud
(Puerto Rico)

Reading Level: General Public

Intended Use By: Teacher and student

Intended Use For: Junior and senior high school students

Description: These booklets give orientation to future mothers in relation to nutrition family relations, personal appearance and development stages of the expected baby.

Language: Spanish

Availability:

Cost:

HAPPIER

Health Awareness Patterns Preventing Illnesses and Encouraging Responsibility

THIS PUBLICATION HAS BEEN PAID FOR THROUGH CHAPTER I, ECIA, MIGRANT EDUCATION FUNDS, PUBLIC LAW, 97-35, SECTION 143. THE OPINIONS EXPRESSED HEREIN DO NOT NECESSARILY REFLECT THE POSITION OR POLICY OF THE U.S. DEPARTMENT OF EDUCATION, AND NO OFFICIAL ENDORSEMENT BY THE U.S. DEPARTMENT OF EDUCATION SHOULD BE INFERRED.

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